

Live Longer! Feel Fantastic! Discover Life!

Take one moment to take this quiz:

Exercise is good for:

- a) weight control and fitness d) sharpening the mind
- b) a healthy heart e) disease prevention
- c) reducing depression f) balance and joy g) all of the above & more . .

If you guessed “g,” open this book and read more.



Learn the secrets of exercise and the marvels of the human body in Marla Richmond's second edition of *The Physiology Storybook: An Owner's Manual for the Human Body*. Like the first edition, this book contains entertaining and memorable illustrations to increase readers' understanding of exercise and nutrition science concepts. The second edition incorporates new research available since the popular first edition was published in 2000. Richmond, an exercise physiologist, health educator, renowned speaker, and columnist, explains that exercise is not just about weight control. It is about disease prevention and total well-being. Exercise helps the spirit bloom and the mind flow at its best. Richmond's book is for everyone and anyone desiring to live a healthier, better balanced, and happier life. Her explanations and illustrations are fun and clear; her language is gentle; her message is strong. **There is no other book like it!**

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Here's what health professionals and educators say about *The Physiology Storybook: An Owner's Manual for the Human Body*

"Of all my professional mentors in the field of exercise physiology, Marla Richmond is the leader in making complex concepts easy to understand and apply in practical situations. I am aware of no better resource for creating a foundation in exercise science than Marla Richmond's *Physiology Storybook*."

— WAYNE WESTCOTT, PH.D., Research Director, South Shore YMCA, author of 20 fitness books

"As a professor and wellness educator, it is a pleasure to find a resource of this quality and magnitude. Marla's excellence in education once again makes learning fun and easy, even for challenging concepts. *The Physiology Storybook* will bless many . . ."

— MARY E. SANDERS, PH.D., Associate Professor, School of Medicine, University of Nevada, Reno

"Marla has a very engaging, wonderful way of presenting the technical concepts of exercise science and human physiology in a very simple, understandable, real life manner that everyone can relate to. The *Physiology Storybook* is exceptionally well written, combining Marla's expertise, creativity and authoritative research into a simple, yet detailed guide to basic human physiology and exercise science."

— NANCY TIERNEY, M.S., Director, Fitness/Wellness, Northwestern University

"When Marla presented the material from her book to my staff and students, it sparked an excitement in them—they could actually learn something so difficult!"

— VICTORIA LONG, M.A., Retired Physical and Health Educator/Staff Wellness Director, Glenbrook North High School

"Marla Richmond combines an in-depth knowledge of human physiology with a unique, creative and artistic approach. The book teaches how the body works without overwhelming readers with minute details."

— PETER K. HEALEY, PH.D., Professor of Physiology and Retired Director of Graduate Programs in Exercise Physiology, Benedictine University

"*The Physiology Storybook* is a must for any fitness professional interested in understanding the essentials of physiology. It will be a key foundational resource for personal trainers, group fitness trainers, allied healthcare professionals, and students in exercise science."

— CEDRIC X. BRYANT, PH.D., FACSM Chief Exercise Physiologist/Vice President of Educational Services

"Thanks for the physiology lessons, you taught me a lot, Marla."

— ALFRED, "ROC" ORDMAN, PH.D., Chair and Professor of Biochemistry, Beloit College