



Press Release

13 August 2014

Aerobic Fitness Ebook- Get to know more about aerobic fitness

The Aerobic Fitness ebook is ideal for anyone who wants to improve their health and learn about the human body, or even for people who want to educate others on aerobic fitness. Great for personal trainers, fitness instructors or anyone in the health and fitness industry. Whether you are wanting to improve your own fitness or even help others, the Aerobics Fitness ebook is 96 pages of helpful and insightful information.

A person with reasonable aerobic fitness usually has a healthy heart, lungs and circulatory system. This means that they are able to breathe well, absorb plenty of oxygen into the blood, and efficiently transfer that oxygen throughout the body. It also means that waste products can be easily removed from the body by being absorbed into the blood and carried effectively to where they can be eliminated

By maintaining good aerobic fitness you will generally perform better in intellectual as well as physical pursuits; you will tend to resist illness better, live longer and find it easier to maintain a healthy mental state.

The Aerobic Fitness ebook covers equipment, facilities and current trends within the fitness industry, including fitness testing, exercises, programming and safety.

Have a look at a sample or download this ebook from our online bookshop today:

<http://www.acsbookshop.com/product-aerobic-fitness-pdf-ebook-5587.aspx>

If you have any queries or would like to arrange an interview or a review copy of this eBook, please call or email the ACS head office on the Gold Coast on (07) 5562 1088 and ask for our Media and Marketing Officers (admin@acs.edu.au).

About ACS Distance Education ... Established in 1979, ACS Distance Education is a leading Australian Distance Education provider offering over 600 courses via correspondence, online or on CDs. The Institution has offices in Australia, United Kingdom and is operated through Affiliates in Australia, Philippines, Singapore, UK, New Zealand, France and Ireland. ACS has educated thousands of students, many of whom have gone onto successful employment, both in industry or in their own businesses. The school employs staff in 3 states of Australia, plus the U.K., U.S.A and New Zealand.