

# STRUCTURED EXERCISES in WELLNESS PROMOTION

A WHOLE PERSON™ HANDBOOK  
FOR TRAINERS, EDUCATORS AND GROUP LEADERS

VOLUME 2

edited by  
Nancy Loving Tubesing, EdD  
and  
Donald A Tubesing, MDiv, PhD



Whole Person Press

# Structured Exercises In Wellness Promotion

**Nancy Loving Tubesing**



## **Structured Exercises In Wellness Promotion:**

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