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9th Ed. 2014. Linda S Pescatello, Ross Arena, Deborah Riebe,
Paul D Thompson Wolters Kluwer/Lippincott Williams &
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Her research on topics including exercise and hypertension, physical activity interventions and exercise genomics (among other topics) has been widely published. She was

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the recipient of an ACSM Citation Award in 2011, and served as the Senior Editor for ACSM's Guidelines for Exercise Prescription and Testing, 9th edition. References. 1.

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ACSM ' s Guidelines for Exercise Testing and Prescription, 10th ed. Philadelphia (PA): Lippincott Williams & Wilkins; 2017, p. 195-202. Author: Katie Hake is a registered dietitian nutritionist and an ACSM certified personal trainer. In

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addition to her private practice, Katie Hake Health & Fitness (KatieHake.com), LLC, she works as a metabolic ...

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