

Give the Gift of Fitness

NEW Motherwell Maternity Fitness Plan

Somebody special expecting a new member of the family?

Help them to be strong, comfortable, healthy and active throughout their pregnancy with the **Motherwell Maternity Fitness Plan**. Considered by health professionals as the gold standard of maternity exercise, Motherwell's medically proven programme is designed specifically to meet the needs of women before, during and after pregnancy.

Motherwell Maternity Fitness Plan will be available towards the end of this month and orders will be dispatched as soon as the book is released.

Only £11.95

[Learn More](#)

Active Living Every Day

Want to change your life, but find it hard to find the time to exercise?

Does somebody you know need to make the change and just needs to know how?

This self-paced, 20 day programme explains how

Complete Conditioning for Sport Series

No matter what the sport, today's athletes need to have more strength and endurance than ever to be competitive. The **Complete Conditioning Series** offers programmes, insights and expert advice to take any athlete to the top of their game.

These books are written by conditioning leaders in each sport, who have worked with some of the world's most-conditioned athletes and make a great gift for your sporting hero!

Prices Start at £10.95 Each

[Take Your Pick](#)

I Run, Therefore I Am-Nuts! takes a light-hearted look at the peculiarities, quirks and obsessions of runners of all abilities.

Perfect for those hitting the slopes this winter!

As more and more people jet off to sample the snow, **The Skier's Edge** could be the perfect present.

The Skier's Edge is one of those rare books that translates the technical expertise of elite skiers into easy-to-understand, practical terms for serious skiers. It not only explains the mechanics of great skiing; it also shows how it looks step-by-step and describes how it should feel.

Only £12.95

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to fit exercise into your every day routine, without needing any special equipment or training. This is not a quick fix, but rather a behavioural change approach used by the world-renowned research team at The Cooper Institute and researchers at Brown University. The principles and programme methods are based on extensive research and clinical tests and have been proven effective for adults of all ages.

This book is a comical examination of events that are near and dear to every runner's well-conditioned heart. Popular running humourist Bob Schwartz pokes fun at the idiosyncratic personalities of runners and the funny situations they encounter in training, eating, racing, preparing for races and revolving their everyday lives around running.

Now Only £9.95

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Earlier this year Human Kinetics reduced the prices of over 1,100 products, making it easier to **Give the Gift of Fitness**.

Don't forget the last order dates to guarantee delivery in time for Christmas are 21st December in the UK and 6th December for the rest of Europe.

Wishing you a healthy christmas and new year,

Everybody at Human Kinetics Human Kinetics Europe Ltd

email: editor@hkeurope.com call: 0113 255 5665 web:

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