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20-2811 Product 15-1010 Imagine watching pounds of fat melt away without ever feeling like you're on a diet. Imagine adding lean muscle to all the right places by doing just a few workouts per week that make you strong. And imagine realizing that your health and fitness goals—even the ones you've all but given up on—are finally within your reach. Muscle for Life will show you how. From the bestselling fitness author of Bigger Leaner Stronger and The Shredded Chef, Muscle for Life reveals a science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Based on time-proven principles produced by decades of hands-on experience and thousands of hours of scientific research, Muscle for Life will give you a plan for transforming your body faster than you ever thought possible, including: -Conquering the "mental game" of fitness. Learn to hack your habits, willpower, and mindset so your fitness regimen feels like it's on autopilot. -Harnessing the science of "flexible dieting." A whole new paradigm for eating that empowers you to forever break free of fad dieting, crash dieting, and yo-yo dieting. -Unlocking the power of strength training. The "secret" to optimizing your body composition, which is far more important for your health and image than your body weight. Whether you're a beginner looking for a lifestyle change, a lifelong athlete looking to reach

the next level, or somewhere in between, Muscle for Life will show you how to look, feel, and perform your best. And frankly, it may be the last fitness book you'll ever need to read. Basic Life Support (BLS) Provider Handbook, presented by National Health Care Provider Solutions (NHCPS), is a comprehensive resource intended for health care professionals currently enrolled in a Basic Life Support Certification or Recertification Course. It serves as the primary training material for BLS Certification and Recertification courses provided by National Health Care Provider Solutions. Although it is primarily intended for professionals to use during their courses, the handbook was also created to serve as daily resource material for health care professionals. Information covered in the handbook includes Basic Life Support instruction for adults and children, AED usage, airway obstruction and rescue breathing techniques, and more. Specific Algorithms for BLS and more are also included within the handbook. All material included in this handbook is delivered in a manner meant to enhance learning in the most comprehensive and convenient way possible. BLS Certification Exam Q&A With Explanations will certainly help you pass any Basic Life Support Certification Course. As you look through the book, you will quickly see that this book's format is different from all other review and test preparation books. This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the BCLS/BLS/CPR certification exam for the first time. This book will also give the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines. Whichever certifying agency's program you are taking, either in a classroom or on the internet, this book and its contents will help you succeed in this course. In this book we give you all the essential information that you will need to successfully pass the certification course and exam on your first attempt. 20-2804 Product 90-1074 Written by two leaders in the EMS field, this highly visual manual guides readers through 50 practical life support skills in detail. From airway management to trauma emergencies, this accessible, easy-to-follow book helps readers understand what, how, and why each skill is performed. In addition, each skill includes key terms, objective, introduction, equipment, assessment, overview, rationales, problem solving, ongoing assessment, geriatric/pediatric notes, case studies, and review questions. For emergency response personnel as initial or refresher training. 20-1132 Basic Life Support (BLS) Provider Manual - The content in this handbook is in compliance with the 2020 guidelines for CPR and ECC (Emergency Cardiac Care), recently released by the American Heart Association - therefore, all the protocols illustrated in this book are based on up-to-date evidence. These guidelines are updated every 5 years. The BLS Provider Manual is a complete guide and reference tool that covers all the information students need to know in order to successfully complete the BLS course. For easier learning, multiple-choice questions can be found at the end of each chapter. The answers to these exercises are found at the very end of the book. Basic Life Support (BLS) refers to a set of procedures that can be learned to prolong survival in life-threatening situations until more professional help is available. Any individual can become certified in basic life support protocols. These protocols are frequently updated, based on the latest evidence available,

and every individual who undergoes BLS certification may need to refresh their knowledge every two years. Medical professionals usually have a sound understanding of basic life support protocols. Even then, it is essential for them to frequently undergo certifications to update their knowledge regarding the latest evidence-based protocols. This handbook is designed for both medical professionals and non-healthcare individuals. It aims to establish a sound understanding of the mechanisms underlying basic life support. The intended audience is healthcare students and personnel who need to learn how to perform CPR and other basic cardiovascular life support skills in a wide variety of both clinical and prehospital settings. Go to the top-right of the page and click "Add to Cart" Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions. This New American Red Cross CPR/AED for the Professional Rescuer Participant's Manual and course reflect changes based on the 2005 Consensus on Science for CPR and Emergency Cardiovascular Care (ECC) and the Guidelines 2005 for First Aid. Changes to this program and manual include simplifications to many of the CPR skill sequences, which helps improve retention. There have also been changes to help improve the quality of CPR. The integration of CPR skills into the operation of AEDs had changed to help improve survival from sudden cardiac arrest. Professional rescuers are now trained to use AEDs on adults and children. Information has been updated and added to this program to help professional rescuers administer epinephrine, aspirin and fixed-flow-rate oxygen. The skills learned in this course include adult, child and infant rescue breathing, conscious and unconscious choking, CPR, two-rescuer CPR and adult and child AED. Additional training can be added to this course including bloodborne pathogens training and emergency oxygen administration. While the skills and knowledge that professional rescuers use are increasing, this training will help you meet your most important responsibility as a professional rescuer- the responsibility to save lives. Product 15-3105 Discusses the history and techniques of swimming and diving, safety rescue techniques, and skills for a variety of aquatic activities. What you will learn - Team Resuscitation Concepts- What Actually Happens in Mega Codes- BLS & PALS Surveys- Pediatric Assessment- Acute Coronary Syndrome Management- Stroke Management- Recognition of Basic Dysrhythmias- Plus 160 Review Questions Rev. ed. of: First aid/CPR/AED for schools and the community. 3rd ed. c2006. Providing supplemental oxygen is an essential element of emergency care. Anyone expected to use a medical oxygen device can benefit from this program. The text effectively outlines the importance and 20-1100 Product 15-1021 You might think this is just another study guide. However, our healthcare test prep isn't like other study guides. Because Ascencia Test Prep's unofficial NHA Phlebotomy Exam Study Guide:

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Specific Algorithms for BLS and more are also included within the handbook. All material included in this handbook is delivered in a manner meant to enhance learning in the most comprehensive and convenient way possible. This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the BCLS/BLS/CPR certification exam for the first time. This book will also give the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines. This book includes three full-length exams for the Liberal Arts and Sciences Test (LAST), Assessment of Teaching Skills--Performance (ATS-P), and the Assessment of Teaching Skills--Written (ATS-W) tests. Comprehensive reviews in mathematics, English language and literature, history, the social and physical sciences, and communication skills are included. Essential for anyone seeking a teaching certificate in the state of New York.

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