

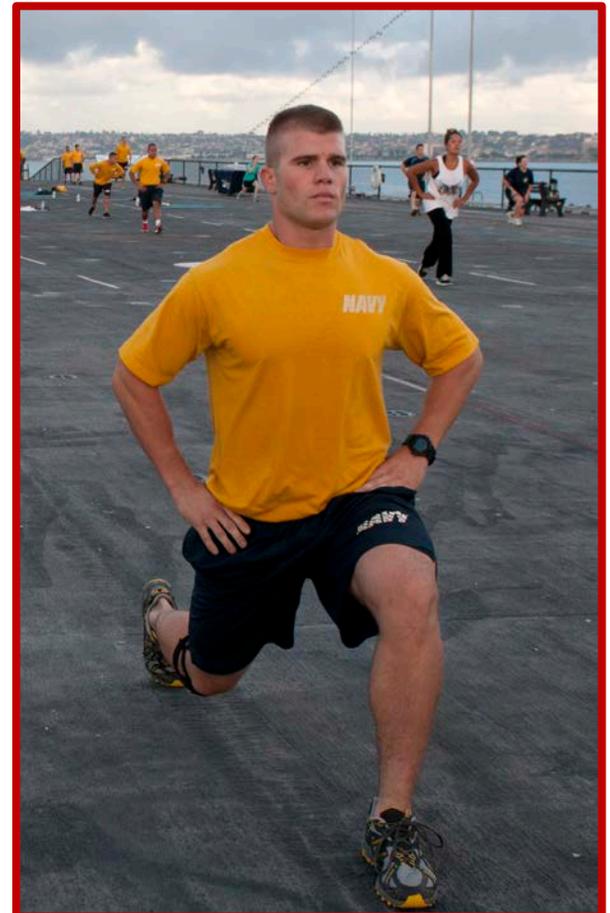


Brochures

By the American College of Sports Medicine (ACSM)

ACSM offers a variety of health and fitness brochures to individuals with an interest in sports medicine and exercise science. ACSM identifies the benefits of regular physical activity and sport through comprehensive, up-to-date information developed by ACSM members and certified professionals. The ACSM Brochure series is available to the public as free downloadable resources. All ACSM brochures are available online. Click the brochure title below to download a print-quality PDF.

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- [Exercise-Induced Asthma](#)
- [Selecting and Effectively Using a Health/Fitness Facility](#)
- [The Female Athlete Triad](#)



SAN DIEGO: Sailors and civilians conduct physical fitness training on the flight deck of the USS Midway Museum.



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