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Sharon A. Hoeger is Vice President of Fitness and Wellness, Inc. in Boise, Idaho, and holds a bachelor's degree in computer science from Brigham Young University. Co-author of five Cengage texts, Mrs. Hoeger researches current scientific information for revisions and develops accompanying interactive software applications -- innovations that ...

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Dr. Hoeger is a former luge runner and Winter Olympian, and renowned fitness and wellness innovator. He developed many popular fitness assessment tools in use today, such as the modified sit and reach, total body rotation, shoulder rotation, muscular endurance, muscular strength and endurance, and soda pop coordination tests.

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Werner Walter Karl Hoeger (born December 15, 1953 in Mérida) is a former luge athlete who competed for Venezuela at the 2002 Winter Olympics and the 2006 Winter Olympics. His son is Chris Hoeger. He is a professor emeritus (active) of exercise science at Boise State University and author of nine different "fitness & wellness" textbooks. He has written a total of 65 editions of these books.

Werner Hoeger - Wikipedia

Sharon A. Hoeger is Vice President of Fitness and Wellness, Inc. in Boise, Idaho, and holds a bachelor's degree in computer science from Brigham Young University. Co-author of five Cengage texts, Mrs. Hoeger researches current scientific information for revisions and develops accompanying interactive software applications -- innovations that ...

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