



Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness Alternate Edition with HQ 4.2 CD, Daily Fitness and Nutrition Journal & PowerWeb/OLC Bind-in Card

Thomas D. Fahey, Paul M. Insel, Walton T. Roth, Thomas Fahey, Paul Insel, Walton Roth

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Fit and Well: Alternate Edition offers an outstanding text and teaching package designed to help students incorporate fitness and wellness into their daily lives. It provides accurate, up-to-date coverage of the components of health-related fitness, as well as coverage of nutrition, stress, cardiovascular health, and injury prevention. It also gives students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle.

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