



## Fit Well: Core Concepts and Labs in Physical Fitness and Wellness

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

McGraw-Hill Education - Europe, United States, 2014. Loose-leaf. Book Condition: New. Alternate ed of 11th revised ed. 274 x 213 mm. Language: English . Brand New Book. The best-selling and most trusted title in fitness and wellness, Fit Well is a learning system that teaches the science and the skills students need to enjoy a lifetime of wellness. The new edition of Fit Well utilizes innovative technologies to engage and motivate students to take their health seriously and make healthy lifestyle behavior choices. Fit Well motivates students through science - Fit Well's respected text, which is available both in print and as an integrated multimedia eBook, provides the information students need to start their journey to fitness and wellness. Fit Well's authoritative, science-based information is written by experts who work and teach in the field of exercise science, physical education, and health education. Fit Well provides accurate, reliable, current information on key health and fitness topics while also addressing issues related to mind-body health, research, diversity, gender, and consumer health. Fit Well motivates students through personal engagement - The Fit Well learning system uses the online technologies and multimedia tools that have become an integral part of student...



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