



## Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness (Brief ed of 11th revised ed)

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

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness (Brief ed of 11th revised ed), Thomas D. Fahey, Paul M. Insel, Walton T. Roth, 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...



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