



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

Thomas Fahey, Paul Insel, Walton Roth

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Fit and Well 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 four components of health-related fitness, as well as coverage of nutrition, stress, substance abuse, chronic diseases, 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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