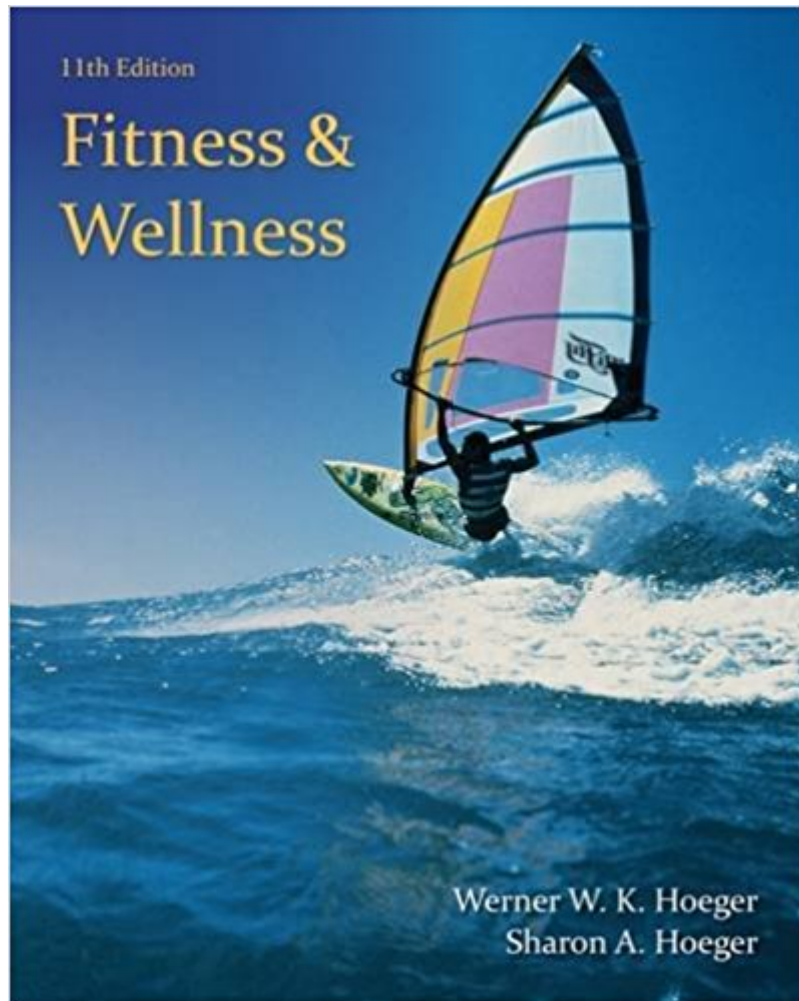




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Fitness And Wellness



Synopsis

Create your own personal fitness and wellness success stories with Hoeger and Hoeger's **FITNESS AND WELLNESS**. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools online to extend your learning beyond the text. **FITNESS AND WELLNESS** offers you the most current coverage and practical guidelines to take charge of your health.

Book Information

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I was hoping to rent this book as I needed it for a class, but I bought it for a large price-but it is packed full of important and useful information for life outside of the class. I know i've gone back in and read about the nutrition section for personal use. I would like to see it as a rental option though for future students.

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