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By Thomas Fahey, Stanford University Stanford California Paul Insel, Walton Roth

McGraw-Hill Humanities/Social Sciences/Languages, United States, 2014. Loose-leaf. Book Condition: New. 11th. 274 x 213 mm. Language: English . Brand New Book. Fit Well gives students the knowledge and skills they need to make meaningful and lasting behavior change. The new edition combines proven science-based content and digital teaching and learning tools with the exciting introduction of liveWell - an innovative online, multi-media program designed to help college students improve their exercise, eating, and stress management habits. 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's college experience. Fit Well's engaging...



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