



Lifetime Physical Fitness and Wellness: A Personalized Program

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LIFETIME PHYSICAL FITNESS AND WELLNESS can help you take control of your personal fitness and wellness by providing current, practical information and tools to make positive choices for your health. The authors encourage you to assess your current behaviors in order to apply the practical steps you learn in the text to start positive behavior changes. The text's unique design integrates activities throughout each chapter to relate the content to your own life and provides dynamic visuals and descriptive examples to help you visualize important concepts. Use the robust, online resources to extend your learning beyond the classroom and reinforce key concepts through research activities, online labs, and a behavior change planner. Feel empowered to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS AND WELLNESS.

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