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In addition, LIFETIME PHYSICAL FITNESS AND WELLNESS is part of an integrated textbook program that extends beyond the text to online resources that further students' understanding through personalized learning plans, online labs, and tracking their behavior change progress.

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Helping you take control of your health, LIFETIME PHYSICAL FITNESS AND WELLNESS, 15th Edition, provides the information and tools you need to make positive choices and lasting change. Assess your current behaviors, identify potential problem areas and apply practical steps to start positive changes.

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LIFETIME PHYSICAL FITNESS AND WELLNESS was the first book in the field to cover both fitness and wellness in the same text. Now in its Ninth Edition, this proven text -- with its uniquely strong...

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Lifetime Physical Fitness Chapter 1 and Wellness Physical Fitness and Wellness

CHAPTER 1 PHYSICAL FITNESS AND WELLNESS OBJECTIVES

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The benefits of regular physical activity and living a healthy lifestyle to achieve wellness are well docu-mented. Nearly all Americans accept that exercise is beneficial to health and see a need to incorporate it into their lives. Seventy percent of new and returning

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