



Looseleaf Fit Well Alternate Edition with Connect Plus Access Card

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 216 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...



READ ONLINE
[1.28 MB]

Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- **Doyle Schmeler**

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**