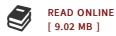




## Fitness and Wellness (Paperback)

By Sharon Hoeger, Wener Hoeger

Cengage Learning, Inc, United States, 2014. Paperback. Condition: New. 11th edition. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. 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.



## Reviews

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