



LL Concepts of Fitness and Wellness with Cnct Plus Access Card

By Charles Corbin, Gregory Welk, William Corbin

McGraw-Hill Humanities/Social Sciences/Languages, United States, 2012. Loose-leaf. Book Condition: New. 10th. 274 x 213 mm. Language: English . Brand New Book. Concepts of Fitness and Wellness provides readers with the self-management skills necessary to adopt a healthy lifestyle. Pioneering texts in this field, these revisions of Concepts are designed to deliver a comprehensive text and digital program that continues to be at the cutting edge of physical activity and health promotion, empowering students to make positive steps towards developing a lifelong commitment to being active. Building upon the tremendous success of previous editions, these new editions are being thoroughly fine-tuned to ensure that the writing style, examples, and illustrations are not only contemporary, but also accessible. Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need, when they need it, and how they need it, so that your class time is more engaging and effective.



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