



Health and Fitness: A Guide to A Healthy Lifestyle

By Laura Bounds, Gayden Darnell, Kirstin Brekken Shea

Kendall/Hunt Publishing Co ,U.S., United States, 2012.
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 Health and Fitness: A Guide to a Healthy Lifestyle provides a comprehensive look at health education for undergraduate students. This introductory text provides frank discussions of critical issues and helps you create a solid foundation for your students to make healthy behavioral choices. Health and Fitness incorporates a variety of in-class and notebook activities into the text. Illustrations and photos add to the learning experience. The adoption of a healthy lifestyle requires a focus on choices that will enhance the individual's potential to lead a productive, meaningful, and satisfying life. Support materials included with the text: Interactive ancillary website provides easy online management, more than 480 PowerPoint slides, and test bank.



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