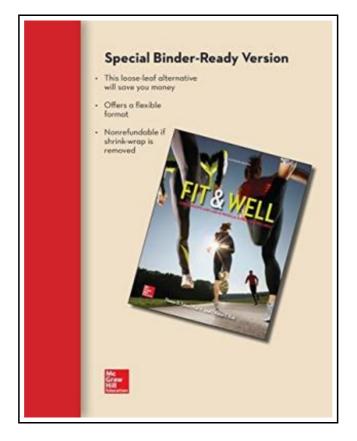
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Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think. (Tomasa Witting)

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McGraw-Hill Education, United States, 2014. Loose-leaf. Book Condition: New. 11th. 274 x 213 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 online tools enable students to personalize their learning and develop fitness programs and lifetime wellness plans. Hands-on activities include self-assessments and fitness labs, video on timely health topics such as tattooing and tanning beds, exercise demonstrations videos, a daily fitness and nutrition log, sample programs, and a wealth of behavior change tools and tips. Fit Well builds research skills, critical thinking skills, and behavior change skills. Fit Well motivates students through Connect and LearnSmart Tied to core student learning outcomes and objectives, Connect Fit Well is a web-based assignment and assessment platform that promotes active learning and provides tools that enable instructors...

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