



## Fit & Well with Connect Access Card Fitness & Wellness with LearnSmart 1 Semester Access Card

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By Fahey, Thomas

McGraw-Hill Humanities/Social Sciences/Languages, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The best-selling and most trusted title in fitness and wellness, Fit & Well is a learning system that teaches the science and the skills students need to enjoy a lifetime of wellness. The new edition of Fit & Well utilizes innovative technologies to engage and motivate students to take their health seriously and make healthy lifestyle behavior choices. 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 &...



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