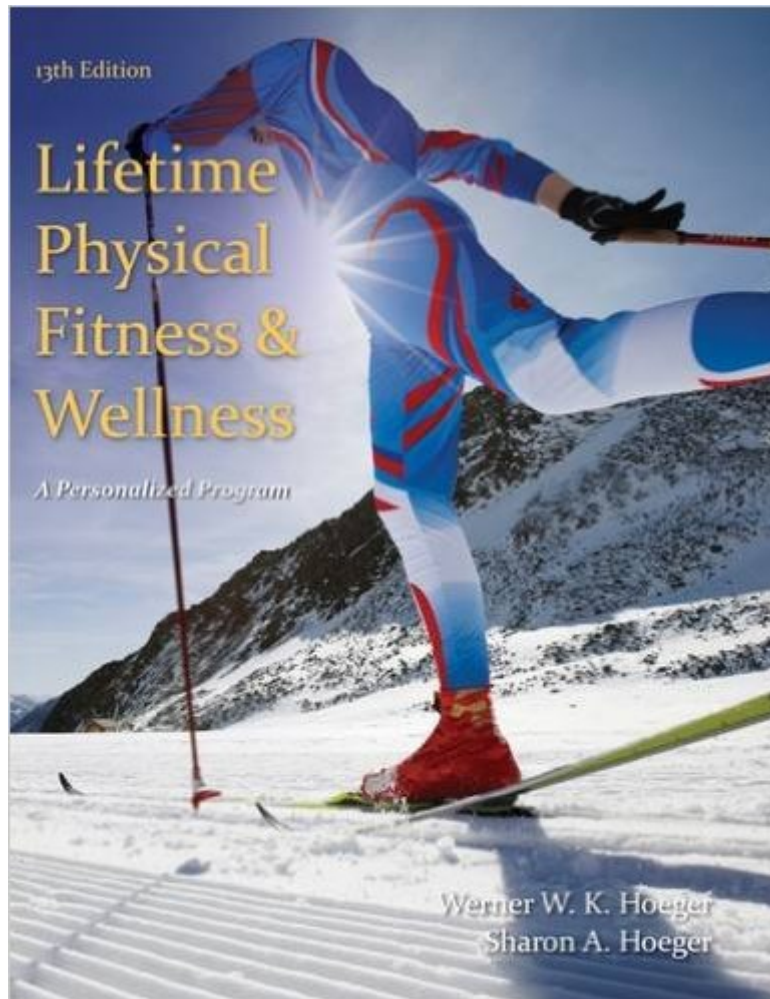


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# Lifetime Physical Fitness And Wellness: A Personalized Program



## Synopsis

LIFETIME PHYSICAL FITNESS AND WELLNESS, 13th Edition, provides students with current information, tools, and guidelines to implement and adhere to a lifetime physical fitness and wellness program. Throughout the text, Werner W. K. Hoeger and Sharon A. Hoeger encourage students to take a critical look at their current behaviors in order to help them identify and abandon negative habits and adopt and maintain healthy behaviors. The authors' emphasis throughout the book is on teaching students how to take control of their personal lifestyles and make changes to promote overall health and wellness. In order to achieve this goal, the authors personalize the information to show students how content relates to their individual lives and provide easy steps to help students begin the process of behavior change. The unique design of this text integrates activities throughout each chapter, which allows students to learn core concepts and immediately apply their knowledge through self-review and application activities. In addition, LIFETIME PHYSICAL FITNESS AND WELLNESS is part of an integrated textbook program that extends beyond the text to online resources that further students' understanding through personalized learning plans, online labs, and tracking their behavior change progress.

## Book Information

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Dieting > Nutrition

## Customer Reviews

This book is used for a class that is required for a program I am in. The class is supposedly an "open-minded" class. But it is all about this book and it only focuses on Western thought. I had high expectations for this class and this book since I have been studying and practicing wellness for over

10 years. My expectations have been let down and this book or the class is not "open-minded" at all. Also, it hints at religion being part of the program, not impressed. If you don't know anything about wellness, it could be a good start if you want to include religion and all. And I recommend an Anatomy & Physiology course as a prerequisite. There are many in my class who don't understand some of the principles based on the understanding of Anatomy & Physiology.

This must be for the bible belt, it would have you believe that prayer can heal you and the only proper sexual relation is a monogamous one after marriage

Great book, defiantly a keeper if you can't decide between renting or buying!!! Very informative and detailed. Thorough definitions and easy to comprehend.

A lot of good information that I can apply to my life.....want to purchase it after my rental is over.

Book arrived in perfect condition. I needed it for a class and it was 100% as promised.

Rentals school books are great

It was in great condition

on time, and good price

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