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Fit & Well: Core Concepts and Labs in Physical Fitness and ...

Fit & Well's engaging online tools enable students to personalize their learning and develop fit-ness 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.

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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 to help students improve their activity, eating, and stress management habits.

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The fifth Canadian edition of Fit & Well features the latest findings in the fields of physical fitness

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and wellness. With expert knowledge, self-assessment tools and current information in health and nutrition, students will learn how to make informed choices. McGraw Hill Canada | Fit and Well JavaScript seems to be disabled in your browser.

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Fit & Well motivates students through personal engagement. The 4th edition provides the foundation and the resources students need to create personalized fitness programs, including exercise guidelines, self-assessments, lab activities, descriptions and illustrations of exercises, sample programs, and a wealth of behavior change tools and tips.

Fit and Well: Core Concepts and Labs in Physical Fitness ...

McGraw-Hill's "Connect" is a web-based assignment and assessment platform that helps you connect your students to their coursework and to success beyond the course.

McGraw-Hill Connect

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 to help students improve their activity, eating, and stress management habits.

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Fit & Well: Core Concepts and Labs in Physical Fitness and ...

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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 to teach the course more efficiently and effectively.

Fit & Well Brief Edition: Core Concepts and Labs in ...

Fit and Well offers the best text and teaching package to help students incorporate fitness and wellness into their daily lives.

Fit and Well: Core Concepts and Labs in Physical Fitness ...

Fit & Well- Core Concepts and Labs in Physical Fitness and Wellness, 6th Edition Fahey, Thomas D.; Insel, Paul M.; Roth, Walton T. Published by McGraw-Hill College, Boston, MA (2005)

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