



## Fit & Well Alternate Edition: Core Concepts and Labs in Physical Fitness and Wellness

By Fahey, Thomas; Insel, Paul; Roth, Walton

McGraw-Hill, 2012. Loose Leaf. Book Condition: New. 10th Edition. Brand new in publisher's shrink-wrap. Never opened. This is an unbound, loose leaf book with three hole punches on the left side so that the pages can be placed in a 3-ring binder. 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 10th edition of "Fit & Well" utilizes innovative technologies to engage and motivate students to take their health seriously and make healthy lifestyle behavior choices. Size: 4to - over 9¾" - 12" tall.



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