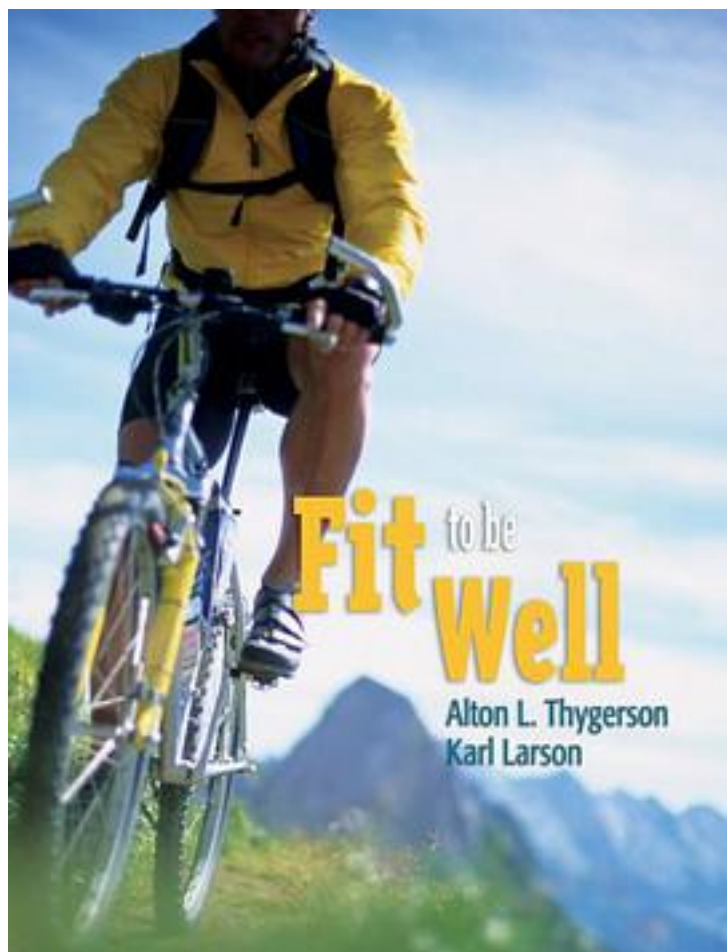


Fit to be Well



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Focusing on simple, workable approaches for being healthy and fit, Fit to be Well offers a comprehensive look at wellness. The motivating streamlined format encourages students to apply this knowledge to their lives and change poor behaviors. Special

Time-Outs explore topics such as energy production, fad diets, environmental health, relationships, and a health procedure timeline. The following wellness topics are covered in more depth: cardiovascular disease, cancer, addictive behavior, and sexually transmitted infections. Every new text comes with a student lab manual at no additional cost to your students.

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