

Fit & Well



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著者:Thomas D. Fahey

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"Fit and Well, Brief" offers an outstanding text and teaching package designed to help students incorporate fitness and wellness into their daily lives. It provides accurate, up-to-date coverage of the components of health-related fitness, as well as coverage of nutrition. It also gives students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle.

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