

Personal Wellness for the Modern College Student



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Designed to help students develop lifelong strategies for wellness, this journal outlines a practical program of exercise and nutrition that leads to a healthier lifestyle. Units are divided into four categories: perspective and motivation, fat management, nutrition, and fitness. Topics covered include identifying healthy restaurant meals, reducing stress, understanding food labels, preventing disease, and strength training. The journal makes it easy for students to keep track of progress by providing detailed guidelines for diet and exercise, tools for assessment, and motivational tips to stay on task.

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