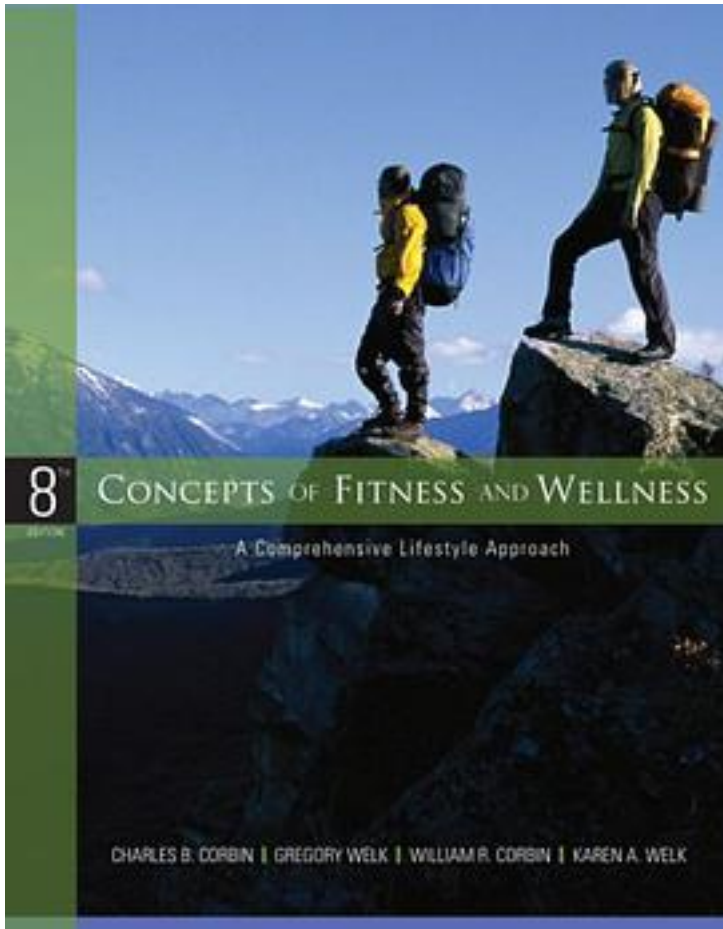


Concepts of Fitness and Wellness



[Concepts of Fitness and Wellness_下载链接1_](#)

著者:Corbin, Charles B./ Welk, Gregory J./ Corbin, William R./ Welk, Karen A./ Sidman, Cara L.

出版者:

出版时间:2008-10

装帧:

isbn:9780073376387

Concepts of Fitness & Wellness: A Comprehensive Lifestyle Approach provides readers with self-management skills necessary to adopt a healthy lifestyle. This well

established text uses a proven conceptual format, brief concepts rather than chapters, to provide information in a useful and concise way, and is organized to focus on "process" or lifestyle changes with early coverage of planning so students can apply the concepts immediately.

作者介绍:

目录:

[Concepts of Fitness and Wellness_ 下载链接1_](#)

标签

评论

[Concepts of Fitness and Wellness_ 下载链接1_](#)

书评

[Concepts of Fitness and Wellness_ 下载链接1_](#)