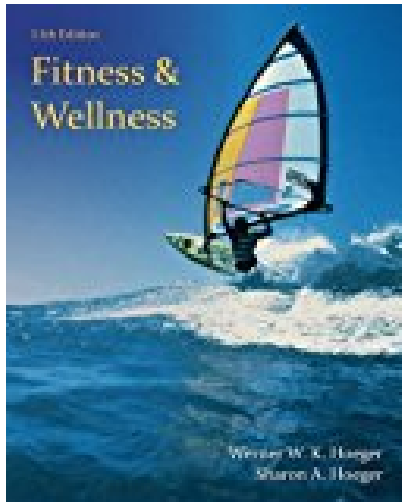


Fitness and Wellness



BOOK DETAILS

- Author : Wener W.K. Hoeger
- Pages : 336 Pages
- Publisher : Brooks Cole
- Language : English
- ISBN : 1285733150

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BOOK SYNOPSIS

Create your own personal fitness and wellness success stories with Hoeger and Hoeger's **FITNESS AND WELLNESS**. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools to extend your learning beyond the text. **FITNESS AND WELLNESS** offers you the most current coverage and practical guidelines to take charge of your health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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