

# Health And Wellness Eleventh Edlin

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this concise and inclusive text discusses the health related physical fitness components you

need to cover while also providing beneficial information about wellness inside you ll find discussion of motivation and behavior modification an outstanding nutrition chapter and a chapter on healthy lifestyles

this brief straightforward text takes a hands on approach to the teaching and learning of fitness and wellness programmes by providing lab experiences to bridge the gap between information and application presenting the information in a concise format

abstract this book discusses the connection between exercise and physical fitness and wellness and disease prevention topics included are a discussion of risk factors for particular diseases exercise motivational strategies guidelines for exercise programs and good nutrition as a factor in wellness numerous illustrations graphs charts and assessment worksheets are included

the living 365fitt program is a member s only program that includes all you ever need to succeed in your efforts to live a healthy active life lengthen your lifespan and improve your quality of your life regardless of age or gender you can enjoy the benefits of being fit 365 days a year living 365fitt is threefold it s about being healthy being active and living life each chapter in the book includes three sections focusing on physical nutritional and emotional facts tips guidance and motivation over 30 worksheets included

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this book places a strong emphasis on the individual being responsible for their own health and wellness it covers assessing your own personal attitudes and behavior and where necessary making appropriate changes stressing the benefits of exercise to increase wellness and longevity

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