



# Fit & Well, Brief with Online Learning Center Bind-in Card and Daily Fitness and Nutrition Journal

Thomas D. Fahey, Paul M. Insel, Walton T. Roth

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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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