



# Fit & Well, Alternate: Core Concepts and Labs in Physical Fitness and Wellness

*Thomas Fahey, Paul Insel, Walton Roth*

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Fit and Well, Alternate Edition, 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 five components of health-related fitness, as well as coverage of nutrition, weight management, stress, and cardiovascular disease. It also gives students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle. Chapters 1-11 of the full version of Fit and Well (15 chapters) are included in the Alternate Edition.

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