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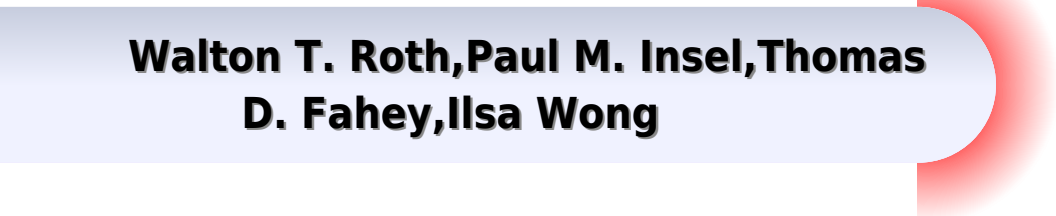
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**Walton T. Roth, Paul M. Insel, Thomas
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Fit and Well Walton T. Roth, Paul M. Insel, Thomas D. Fahey, Ilsa Wong, 2019-02-13 The fifth Canadian edition of Fit Well features the latest findings in the fields of physical fitness and wellness. With expert knowledge, self-assessment tools, and current information in health and nutrition, students will learn how to make informed choices and achieve a healthier way of life. Fit & Well Thomas Fahey, 2016 FIT and WELL - ALTERNATE EDITION FAHEY, THOMAS. INSEL FAHEY (PAUL. ROTH, WALTON.), 2020-05-28 **ISE Fit and Well: Core Concepts and Labs in Physical Fitness and Wellness** THOMAS. INSEL FAHEY (PAUL. ROTH, WALTON.), Thomas D. Fahey, Paul M. Insel, Walton T. Roth, 2022-01-06 *Fit and Well* Thomas D. Fahey, Walton T. Roth, 1997-01-01 *Fit & Well* Thomas Davin Fahey, Paul M. Insel, Walton T. Roth, Claire Insel, 2019 Fit Well gives students the knowledge and skills to make meaningful and lasting behavior changes. The most trusted and proven science-based content in a new edition and digital teaching and learning tools help college students improve their exercise, eating, and stress management habits. From publisher description **Fit & Well** Thomas Davin Fahey, 2006

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