

# FIT & WELL

Core Concepts and Labs  
in Physical Fitness and Wellness



FAHEY INSEL ROTH INSEL WONG

# Fit And Well Fahey Edition

**Walton Roth,Paul Insel,Thomas Fahey**



## **Fit And Well Fahey Edition:**

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UPDATES INFORMED BY STUDENT DATA Changes to the 14th edition reflect new research findings updated statistics and current hot topics that impact students fitness and wellness behaviors Revisions were also guided by student performance data collected anonymously from the tens of thousands of students who have used SmartBook with Fit Well Because virtually every text paragraph is tied to several questions that students answer while using SmartBook the specific concepts that students are having the most difficulty with can be pinpointed through empirical data Fit Well motivates students through Connect and LearnSmart The digital teaching and learning tools within Connect are built on the solid foundation of Fit Well s authoritative science based content Fit Well is written by experts who work and teach in the fields of exercise science physical education and health education Fit Well provides accurate reliable current information on key health and fitness topics while also addressing issues related to mind body health diversity research and consumer health

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

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