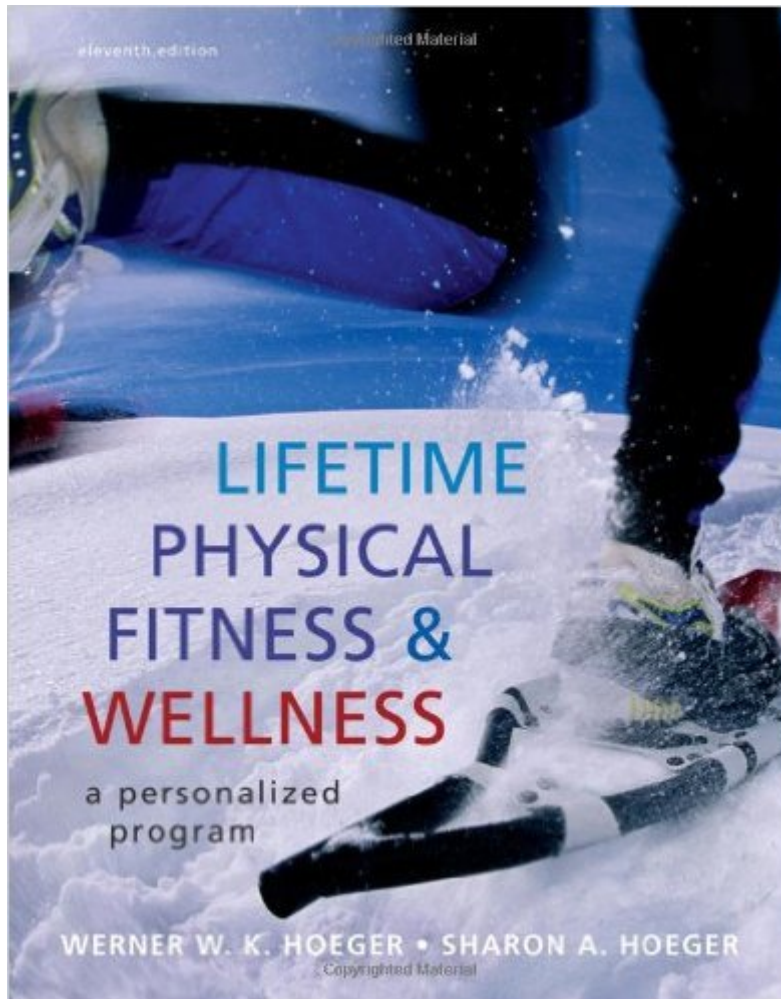


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# Lifetime Physical Fitness And Wellness: A Personalized Program (Available Titles CengageNOW)



## Synopsis

LIFETIME PHYSICAL FITNESS AND WELLNESS, 11th Edition, provides students with current information, tools, and guidelines to implement and adhere to a lifetime physical fitness and wellness program. Throughout the text, Werner W. K. Hoeger and Sharon A. Hoeger encourage students to take a critical look at their current behaviors in order to help them identify and abandon negative habits and adopt and maintain healthy behaviors. The authors' emphasis throughout the book is on teaching students how to take control of their personal lifestyles and make changes to promote overall health and wellness. In order to achieve this goal, the authors personalize the information to show students how content relates to their individual lives and provide easy steps to help students begin the process of behavior change. The unique design of this text integrates activities throughout each chapter, which allows students to learn core concepts and immediately apply their knowledge through self-review and application activities. In addition, LIFETIME PHYSICAL FITNESS AND WELLNESS is part of an integrated textbook program that extends beyond the text to online resources within CengageNOW and WebTutor that further students' understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

## Book Information

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## Customer Reviews

This book surpassed all of my expectations. The description of the book said it was in a

"Used-Good" condition, however, I believe that it was in a great condition. (Very well taken care of). I initially bought this product, because I needed it for one of my kinesiology classes, but I will be keeping this book for a very long time. It has really interesting information about fitness, health, nutrition, etc. What I liked about this product was that each individual topic has its own section where it is presented. I needed a 10th ed. but an 11th ed. worked out just fine. Only difference was the way in which the information is gathered/grouped. Great book to invest in, if you need it for a class or just want to know more about fitness, health, nutrition, and overall wellness!

This was just a required text for a 101 course, but it turned out to be awesome! It's one of the few non-major books I've kept and I still refer to it two years later!

I chose this book for a lifetime wellness class in college. I'm not sure why we needed it, we really didn't use it. But from what I used it for, it was very helpful!

My son used this book for a summer class and I was impressed by the content of it and how much the prof taught directly from the book. Very good

Pages ripped easily and the cover bent way too easily but the book is interesting and appealing. Makes you want to read.

It's not difficult as long as one has the assistance of a teacher, it's quite necessary, overall I am pleased.

good book. not only am i earning easy university credit points by studying it in class, but I love doing it!

This textbook was adequately described as acceptable condition. The book is okay, I got it for a college course. It lays out a wide variety of topics well. My only real comment is that some of the worksheets had writing on them already, but that was very few and mostly erased. The pages are perforated too, if you like that to hand in worksheets.

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