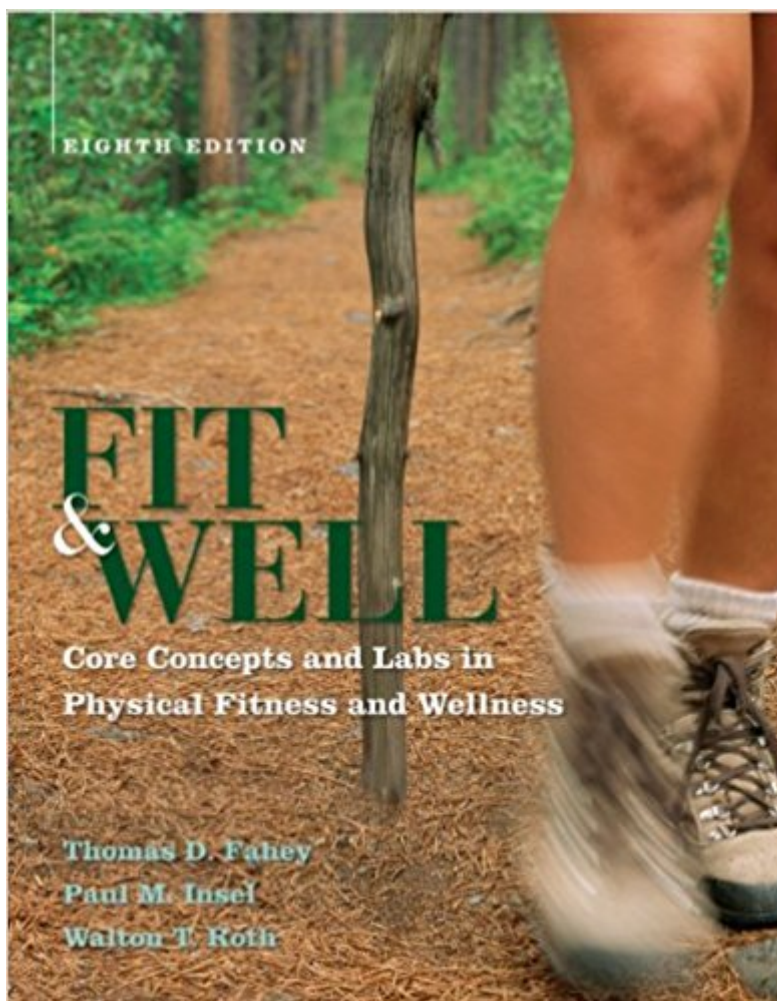


The book was found

# Fit & Well: Core Concepts And Labs In Physical Fitness And Wellness



## Synopsis

Fit and Well 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 four components of health-related fitness, as well as coverage of nutrition, stress, substance abuse, chronic diseases, and injury prevention. It also gives students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle.

## Book Information

Paperback: 512 pages

Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 8 edition (February 13, 2008)

Language: English

ISBN-10: 0073523720

ISBN-13: 978-0073523729

Product Dimensions: 8.4 x 0.8 x 10.8 inches

Shipping Weight: 2 pounds

Average Customer Review: 4.3 out of 5 stars 7 customer reviews

Best Sellers Rank: #48,562 in Books (See Top 100 in Books) #19 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #16272 in Books > Textbooks

## Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide. Paul Insel, PhD is Clinical Associate Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has been the principal investigator of numerous NIH studies involving health education, mental health, blood pressure, cardiovascular disease and nutrition. He has authored 14 books and more than 100 articles. Walton T. Roth, M.D., is Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine, and Chief of the Psychiatric Consultation Service at the VA Palo Alto Health Care System. He is author of over 150 research articles about how the body reacts to stress and psychological disorders. His clinical specialties are the treatment of anxiety disorders and psychiatric consultation in the general hospital.

It was exactly what I needed, got a great deal on it! Just make sure you buy the right book, there are different versions.

My text came super fast and for it to be a paperback book, the condition was like new. The plus is that I only paid \$8 total including shipping!! Great seller :)

The book came as described, good condition with highlighter markings. Book arrived very fast. I was very satisfied with their service.

Fast shipping. Textbook as described - saved me a bundle over the college bookstore. Thanks. Would recommend.

I ordered my book last week, and received it yesterday. The book was in good condition just as described. None of the pages were missing, and it included all of the lab pages. I order many of my books from .com, and would recommend this website to anyone looking for a needed item at an affordable price.

Never used the book in class. Was a waste of money to purchase in the first place. So I couldn't say how good it is.

came well within the expected date and it was in precisely the condition I was told it would be. I am satisfied with this product and this seller.

[Download to continue reading...](#)

Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Loose Leaf Edition Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness Fit & Well Alternate Edition: Core Concepts and Labs in Physical Fitness and Wellness Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Principles and Labs for Fitness and Wellness Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Easy Science Demos & Labs For Chemistry (Easy Science Demos and Labs Series Ser) 50 More Stem Labs - Science Experiments for Kids (50 Stem Labs) (Volume 2) Principles and Labs for Physical Fitness "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) Lifetime Physical Fitness and Wellness: A Personalized Program Everyday Health and Fitness with

Multiple Sclerosis: Achieve Your Peak Physical Wellness while Working with Limited Mobility  
Health, Wellness, and Physical Fitness, Grades 5 - 8 Fitness Nutrition: The Ultimate Fitness Guide:  
Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness  
Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight  
and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Geology  
From Experience: Hands-On Labs and Problems in Physical Geology Electronics Concepts, Labs,  
and Projects: For Media Enthusiasts, Students, and Professionals (Music Pro Guides) How To Dig  
A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water:  
(How To Drill A Well) Water Fasting For Wellness: How To Start Your Very Own Water Fast For  
Optimal Health, Wellness and Longevity

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)