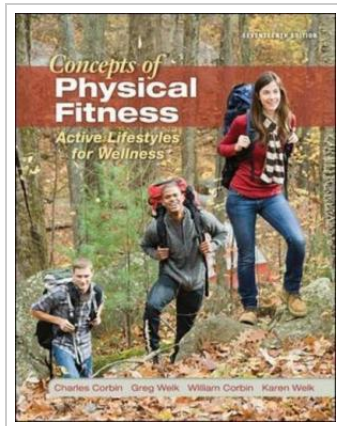




LL Concepts of Physical Fitness: Active Lifestyles for Wellness

By Charles B. Corbin, Gregory J. Welk, William R. Corbin

McGraw-Hill Education - Europe, United States, 2012. Loose-leaf. Book Condition: New. 17th Revised edition. 274 x 211 mm. Language: English . Brand New Book. A proven philosophy for teaching lifetime fitness and wellness. Health is available to Everyone for a Lifetime, and it's Personal. The goal of Concepts of Physical Fitness: Active Lifestyles for Wellness--described in terms of the HELP philosophy stated above--is to help all people make personal lifestyle changes that promote health, fitness, and wellness over a lifetime. Organized into concise concepts that make it easy for students to learn, Concepts of Physical Fitness is now integrated with online activities and assessments that enable students to apply the latest research on fitness and wellness to their own lives. *New HELP activities encourage students to reflect, think critically, and apply the HELP philosophy to their lives. *New icons link text to additional online features and resources, interactive quizzes, video activities, and study aids. *Chapter-opening Health Goals reflect the priorities of Healthy People 2020, helping students link personal goals with national goals. *In the News boxes inform students about current topics, trends, reports, and research findings, and Strategies for Action boxes provide practical tips for applying that information to...



READ ONLINE
[3.14 MB]

Reviews

This book is great. it absolutely was writtern really perfectly and beneficial. You may like how the blogger compose this book.
-- **Pink Haley**

This kind of publication is every little thing and taught me to searching in advance plus more. I have got study and i am confident that i am going to going to go through yet again again down the road. I am just effortlessly could get a delight of reading a written pdf.
-- **Mrs. Bonita Kuphal**