

BRIEF EDITION

TOTAL FITNESS & WELLNESS



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Total Fitness And Wellness Brief

Scott K. (Scott Kline) Powers



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Total Fitness & Wellness, Brief Edition, Media Update with Myfitnesslab Student Access Code Card Scott K. Powers, Stephen L. Dodd, Erica M. Jackson, 2010-06-11 This package contains the following components 0321667824 Total Fitness Wellness Brief Edition Media Update 0321676572 MyFitnessLab Student Access Code Card for Total Fitness Wellness Media Update ValuePack ME Component **Total Fitness and Wellness Brief Edition with Behavior Change Log Book and Wellness Journal** Scott K. Powers, Stephen L. Dodd, Virginia J. Noland, 2005 KEY BENEFIT Total Fitness and Wellness Brief Edition Second Edition gives readers a solid foundation in fitness and lifetime wellness while teaching them how to make healthy behavioral changes and lifestyle choices KEY TOPICS Understanding Health Related Fitness and Wellness Fitness Evaluation Self Testing General Principles of Exercise for Health and Fitness Exercise Prescription Guidelines Cardiorespiratory Fitness Improving Muscular Strength and Endurance Improving Flexibility Nutrition Health and Fitness Exercise Diet and Weight Control Prevention of Cardiovascular Disease Stress Management and Modifying Unhealthy Behavior Life Time Fitness MARKET For all readers interested in learning how to make healthy lifestyle choices **Pearson eText Total Fitness and Wellness, Brief Edition -- Access Card** Scott K Powers, Stephen L Dodd, 2019-04-29 Strengthen students core knowledge of fitness and wellness Total Fitness and Wellness gives students a solid foundation in fitness and wellness while providing them with the tools they need to make healthy behavioral changes and lifestyle choices The easy to use text provides students with a clear learning path through practical fitness information they can incorporate into their lives The 6th Edition presents current research and topics of student interest such as eating disorders stress management strategies barefoot running Pilates diabetes and pre diabetes ergogenic dietary supplements at home fitness equipment antioxidants and emotional health Total Fitness and Wellness now provides access to MyDietAnalysis a diet and activity tracking tool that gives students an easy way to analyze their physical activity and daily nutrient intake MyDietAnalysis is powered by ESHA Research accessible on all devices and included at no extra charge with Mastering Health For a focused presentation on fitness the Brief Edition consists of Chapters 1 11 from the big book so students receive the basics on fitness nutrition cardiovascular disease and stress management For courses in Health and Fitness Pearson eText is a simple to use mobile optimized personalized reading experience It lets students highlight take notes and review key vocabulary all in one place even when offline Seamlessly integrated videos and other rich media engage students and give them access to the help they need when they need it Educators can easily schedule readings and share their own notes with students so they see the connection between their eText and what they learn in class motivating them to keep reading and keep learning And reading analytics offer insight into how students use the eText helping educators tailor their instruction NOTE This ISBN is for the Pearson eText access card For students purchasing this product from an online retailer Pearson eText is a fully digital delivery of Pearson content and should only be purchased when required by your instructor In addition to your purchase you

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