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Lifetime Physical Fitness And Wellness A Personalized Program

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Lifetime Physical Fitness and Wellness Werner W. K. Hoeger, 1986 *Lifetime Physical Fitness and Wellness: A Personalized Program* Wener W.K. Hoeger, Sharon A. Hoeger, 2016-01-01 LIFETIME PHYSICAL FITNESS AND WELLNESS can help you take control of your personal fitness and wellness by providing current practical information and tools to make positive choices for your health The authors encourage you to assess your current behaviors in order to apply the practical steps you learn in the text to start positive behavior changes The book integrates activities throughout each chapter to relate the content to your own life and provides dynamic visuals and descriptive examples to help you visualize important concepts Feel empowered to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS AND WELLNESS Important Notice Media content referenced within the product description or the product text may not be available in the ebook version **Lifetime Physical Fitness and Wellness** Sharon A. Hoeger, Werner W. K. Hoeger, 2011-12-01 LIFETIME PHYSICAL FITNESS AND WELLNESS 12E International 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 12E International Edition 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 Lifetime Physical Fitness & Wellness Werner W. K. Hoeger, 2007 **Lifetime Physical Fitness and Wellness** Wener W. K. Hoeger, Sharon A. Hoeger, 2012-01-05 NEW An

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