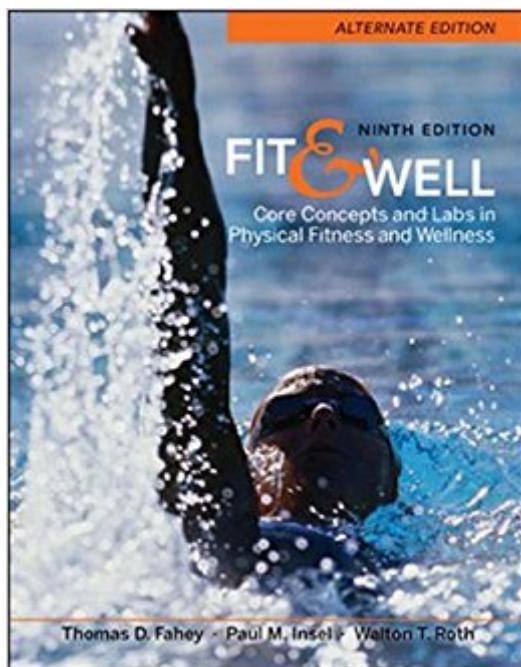


The book was found

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



## **Synopsis**

Fahey's Fit and Well is the best-selling Fitness/Wellness textbook series in the higher education market, known for its accuracy, labs, and rigor. The 9th edition of Fit and Well will be available with the Connect online learning management system, featuring assignable labs, videos, Internet exercises, pre and post tests, an interactive ebook, and more. Teaching the Fitness/Wellness class in a hybrid or online format has never been easier. Fahey's Fit and Well is designed to motivate students to take their health seriously. It helps them understand why they should make healthy choices and how they can change unhealthy patterns. And it gives them the tools to do it. Fit and Well motivates students through science - Fit and Well provides the information students need to start their journey to fitness and wellness not the random, unreliable information found on the Internet but authoritative, science-based information from experts who work and teach in the field. Fit and Well motivates students through personal engagement - Fit and Well provides the foundation and the resources students need to create personalized fitness programs, including exercise guidelines, self-assessments, lab activities, descriptions and illustrations of exercises, sample programs, and a wealth of behavior change tools and tips. Fit and Well motivates students through Connect Fit and Well - McGraw-Hill's Connect, a new web-based assignment and assessment platform, connects students with their coursework and with their instructors.

## **Book Information**

Paperback: 416 pages

Publisher: McGraw-Hill Education; 9 edition (January 14, 2010)

Language: English

ISBN-10: 0077349687

ISBN-13: 978-0077349684

Product Dimensions: 8.5 x 0.7 x 10.8 inches

Shipping Weight: 2.1 pounds

Average Customer Review: 3.2 out of 5 stars 74 customer reviews

Best Sellers Rank: #534,270 in Books (See Top 100 in Books) #153 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #3262 in Books > Health, Fitness & Dieting > Nutrition #128311 in Books > Textbooks

## **Customer Reviews**

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. Thomas D. Fahey, Ed.D., is professor of Kinesiology at California State University, Chico, where he teaches Exercise Physiology and Principles of Strength and Conditioning . He also volunteers as an assistant coach with the track and field team. He received his doctorate from the University of California, Berkeley. Dr. Fahey has written college textbooks and trade books on exercise physiology, wellness, athletic training, weight training, personal training, golf, and ergogenic aids. He has also written hundreds of articles for scholarly journals and popular magazines. He is a contributing editor and writes monthly research columns for Muscular Development, Fitness RX for Women and Fitness RX for Men magazines. His interests include travel, skiing, golf, tennis, weight training, hiking, and discus throwing. Dr. Fahey is a world-class masters discus thrower and was an All-American discus thrower in college. He won eleven straight US National Masters Championships, five medals at the World Masters Championships (including world champion in 2003), and three gold medals in the World Masters Games. He is a former competitor in powerlifting, highland games, alpine skiing, and tennis. 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.

This rental is missing the rest of the book.. I still have until chapter 13 for class but this book only goes until chapter 8. What am I supposed to do spend more money that I don't have for the 5 chapters left? I don't know what I am going to do other than not order any more rentals through digital.

The textbook is all well and good I suppose, but it doesn't include the stupid access code. If that is what you are looking for, then this product is not for you.

The book was not the full book. Only came with 8 chapters. The kindle version was full and contained all 15 chapters.

book shipped fast and came with clean white binder as described, very happy and satisfy

Arrived quickly and good production.

I am incredibly disappointed by the fact that the description of this book touts "connect" access, yet no code was included with my book and access to "connect" is required for the course I am taking.

Exactly what I needed!

Only contains chapters 1-8 and I didn't even know that until I needed chapter 9 and beyond and saw the the book didn't have them.

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

Fit & Well Alternate Edition: Core Concepts and Labs in Physical Fitness and Wellness 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 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) THE GATES OF VICTORY: The Alternate History Novel of The Battle of El Alamein (The Malta Fulcrum WW2 Alternate History Series Book 3) 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)