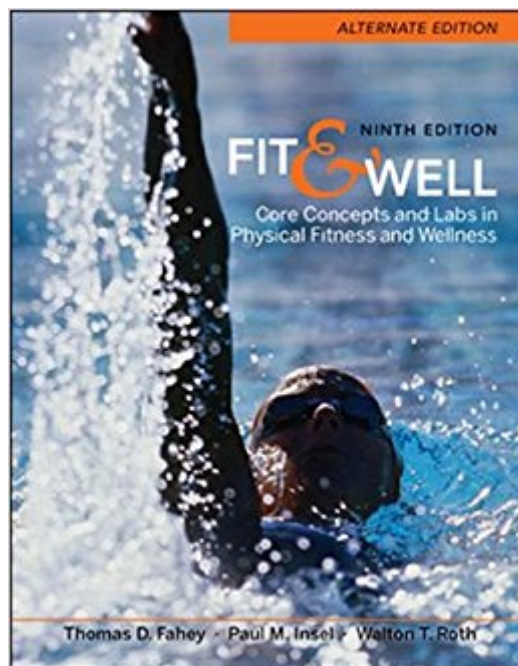




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# Fit & Well Alternate Edition: Core Concepts And Labs In Physical Fitness And Wellness



## 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

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## 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.

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