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**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



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This book offers an outstanding text and teaching package designed to help students incorporate fitness and wellness into their daily lives. It gives accurate, up-to-date coverage of the components of health-related fitness, as well as coverage of nutrition, stress, substance abuse, chronic diseases and injury prevention. It also gives students the practical tools they need to

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**Fit & Well** gives students the knowledge and skills they need to make meaningful and lasting behavior change. The new edition combines proven science-based content and digital teaching and learning tools to help students improve their activity, eating, and stress management habits. • **Fit & Well** motivates students through science - **Fit & Well** provides accurate, reliable, current information on key health and fitness topics while also addressing issues related to mind-body health, research, diversity, gender, and consumer health. **Fit & Well** ' s authoritative, science-based information is written by experts who work and teach in the field of exercise science, physical education, and health education.

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- Fit & Well motivates students through personal engagement – The Fit & Well learning system uses the digital tools that have become an integral part of student ' s college experience. Fit & Well builds research, critical thinking, and behavior change skills through engaging self-assessments, video activities, sample programs, and tools and tips for making positive changes.
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**Edition** Learn how to take control of your own well-being. You ' ll find both the motivation and scientific knowledge you need to develop your own personal plan for healthy living and to make physical activity an integral part of that plan. You ' ll also explore the roles of stress management, sleep, and nutrition in achieving your goals.

Fit & Well gives students the knowledge and skills to make meaningful and lasting behavior changes. The most trusted and proven science-based content in a new edition and digital teaching and learning tools help college students improve their exercise, eating, and stress management habits. Fit & Well is written by experts who work and teach in the

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fields of exercise science, physical education, and health education. Fit & Well provides accurate, reliable current information on key health and fitness topics while also addressing issues related to mind-body health, diversity, research, and consumer health. UPDATES INFORMED BY STUDENT DATA Changes to the 14th edition reflect new research findings, updated statistics, and current hot topics that impact students' fitness and wellness behaviors. Revisions were also guided by student performance data collected anonymously from the tens of thousands of students who have used SmartBook with Fit & Well. Because virtually every text paragraph is tied to several questions that students answer

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Continuously adapting to deliver precisely what they need, when they need it, and how they need it, so that your class time is more engaging and effective.

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