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Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness can help you incorporate fitness and wellness into your daily life. It provides accurate, up-to-date coverage of the components of health-related fitness, as well as indepth discussion of other key wellness topics. Book jacket.

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 with the exciting introduction of liveWell - an innovative online, multi-media program designed to help college students improve their exercise, eating, and stress management habits. Fit & Well motivates students through science - Fit & Well ' s respected text, which is available both in print and as an integrated multimedia eBook, provides the information students need to start their journey to fitness and wellness. 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. 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 motivates students through personal engagement – The Fit & Well learning system uses the online technologies and multimedia tools that have become an integral part of student ' s college experience. Fit & Well ' s engaging online tools enable students to personalize their learning and develop fitness programs and lifetime wellness plans. Hands-on activities include self-assessments and fitness labs, video on timely health topics such as tattooing and tanning beds, exercise demonstrations videos, a daily fitness and nutrition log, sample programs, and a wealth of behavior change tools and tips. Fit & Well builds research skills, critical thinking skills, and behavior change skills. Fit & Well motivates students through Connect and LearnSmart – Tied to core student learning outcomes and objectives, Connect Fit & Well is a web-based assignment and

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The best-selling and most trusted title in fitness and wellness, Fit & Well is a learning system that teaches the science and the skills students need to enjoy a lifetime of wellness. The new edition of Fit & Well utilizes innovative technologies to engage and motivate students to take their health seriously and make healthy lifestyle behavior choices. Fit & Well motivates students through science - Fit & Well ' s respected text, which is available both in print and as an integrated multimedia eBook, provides the information students need to start their journey to fitness and wellness. 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. 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 motivates students through personal engagement – The Fit & Well learning system uses the online technologies and multimedia tools that have become an integral part of student ' s college experience. Fit & Well ' s engaging online tools enable students to personalize their learning and develop fitness programs and lifetime wellness plans. Hands-on activities include self-assessments and fitness labs, video on timely health topics such as tattooing and tanning beds, exercise demonstrations videos, a daily fitness and nutrition log, sample programs, and a wealth of behavior change tools and tips. Fit & Well builds research skills, critical thinking skills, and behavior change skills. Fit & Well motivates students through Connect and LearnSmart – Tied to core student learning outcomes and objectives, Connect Fit & Well is a web-based assignment and assessment platform that promotes active learning and provides tools that enable instructors to teach the course more efficiently and effectively. An integrated multimedia eBook,

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