



Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach

Charles Corbin, Gregory Welk, William Corbin, Karen Welk

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Concepts of Fitness & Wellness: A Comprehensive Lifestyle Approach provides readers with self-management skills necessary to adopt a healthy lifestyle. This well established text uses a proven conceptual format, brief concepts rather than chapters, to provide information in a useful and concise way, and is organized to focus on "process" or lifestyle changes with early coverage of planning so students can apply the concepts immediately.

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