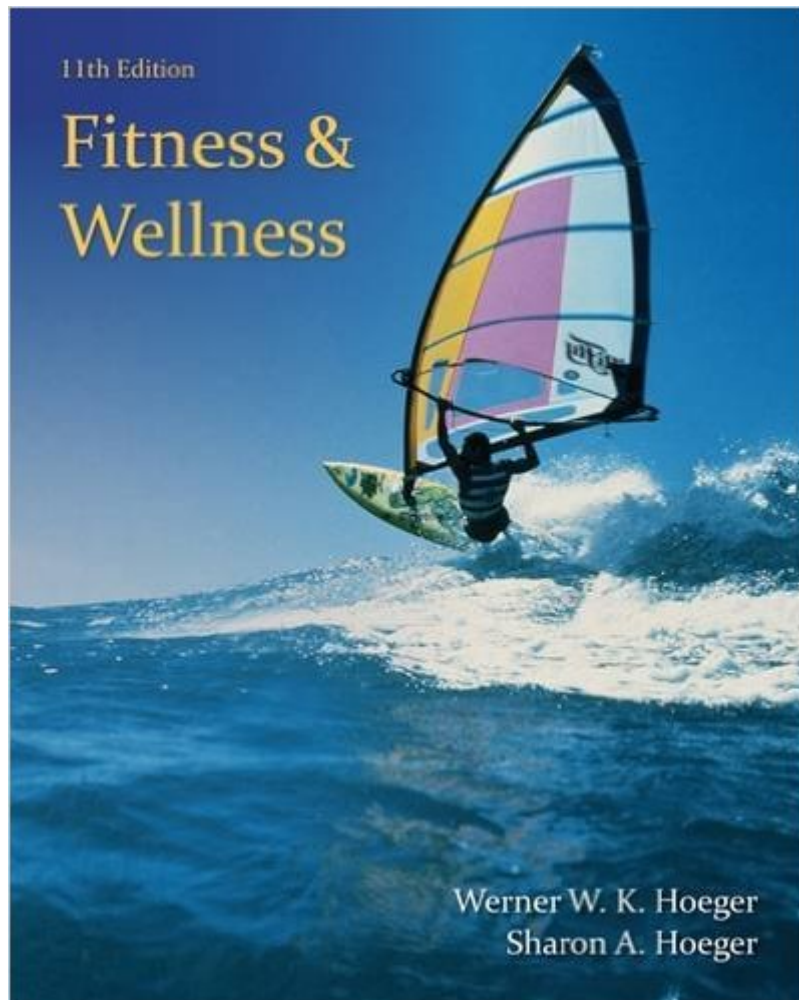


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# Fitness And Wellness



## Synopsis

Create your own personal fitness and wellness success stories with Hoeger and Hoeger's **FITNESS AND WELLNESS**. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools online to extend your learning beyond the text. **FITNESS AND WELLNESS** offers you the most current coverage and practical guidelines to take charge of your health.

## Book Information

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Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #34,910 in Books (See Top 100 in Books) #13 in [Books > Textbooks >](#)

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## Customer Reviews

I was hoping to rent this book as I needed it for a class, but I bought it for a large price-but it is packed full of important and useful information for life outside of the class. I know i've gone back in and read about the nutrition section for personal use. I would like to see it as a rental option though for future students.

I ordered this brand new, and it didn't come with the online access. So returned it

Book arrived with cover folded in several spots. Slight evidence of water damage.

Don't need this book anymore. Want to return it but doesn't seem to be an option.

Exactly as described. Exactly what I needed for class.

Boring, but necessary for a class.... good condition

It's a great book! I definitely recommend it!

Very good information, but too much reading.

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