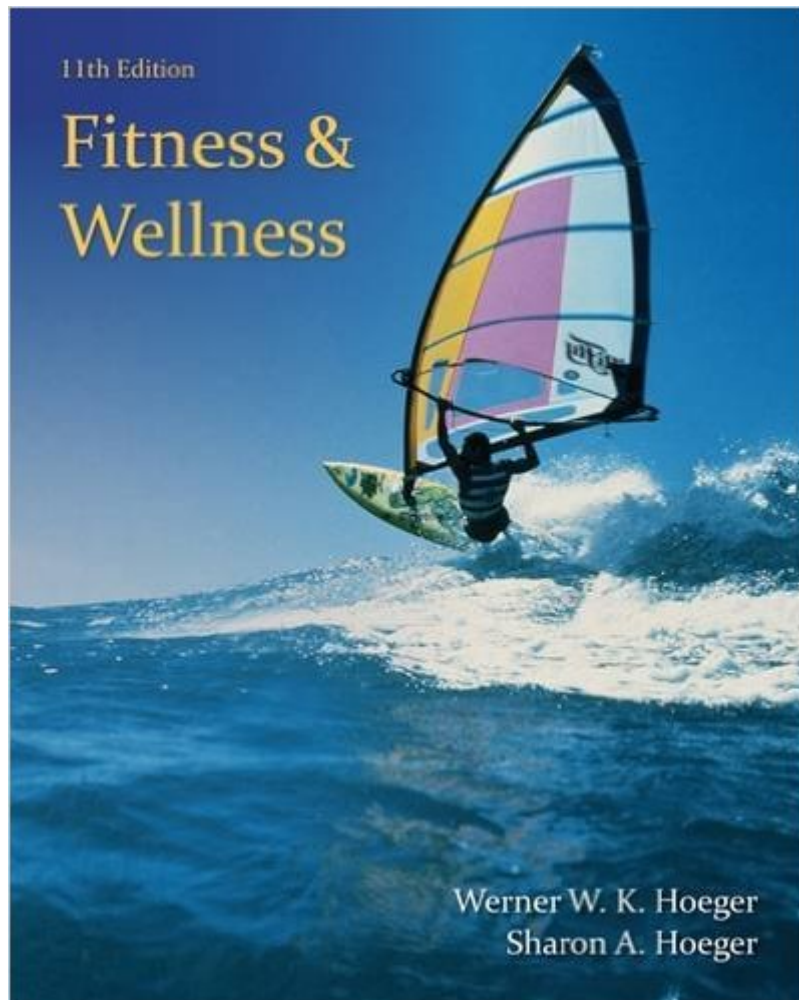


The book was found

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

Paperback: 336 pages

Publisher: Cengage Learning; 11 edition (January 1, 2014)

Language: English

ISBN-10: 1285733150

ISBN-13: 978-1285733159

Product Dimensions: 9.8 x 8 x 0.6 inches

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 >](#)

[Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #16 in [Books > Medical Books >](#)

[Nursing > Medical Nutrition](#) #426 in [Books > Health, Fitness & Dieting > Nutrition](#)

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.

[Download to continue reading...](#)

Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Committed to Wellness, Fitness and a Healthy Lifestyle: How to Unleash Your Inner Motivation, Change Your Mindset and Transform Your Body Fast! Principles and Labs for Fitness and Wellness Health, Wellness, and Physical Fitness, Grades 5 - 8 Fitness and Wellness Manual del entrenador personal: Del fitness al wellness (Color) (Deportes n.º 93) (Spanish Edition) Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise The Surf Girl Guide To Surf Fitness: An Inspirational Guide to Fitness and Well-being for Girls Who Surf Flashcard Study System for the ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review for the American Council on Exercise Group Fitness Instructor Exam The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis Fitness: The Complete Guide, Official Text for Issa International Sports Science Association Certification Course for Fitness Trainers Fitness Cross-Country Skiing (Fitness Spectrum) Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Feng Shui: Wellness and Peace- Interior Design, Home Decorating and Home Design (peace, home design, feng shui, home, design, home decor, prosperity) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Mental Wellness in Adults with Down Syndrome: A Guide to

Emotional and Behavioral Strengths and Challenges The Hepatitis C Help Book: A Groundbreaking Treatment Program Combining Western and Eastern Medicine for Maximum Wellness and Healing

[Dmca](#)