



# Fit & Well Brief Edition: Core Concepts and Labs in Physical Fitness and Wellness, Loose Leaf Edition

*Thomas Fahey, Paul Insel, Walton Roth*

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## **Fit & Well Brief Edition: Core Concepts and Labs in Physical Fitness and Wellness, Loose Leaf Edition** Thomas Fahey, Paul Insel, Walton Roth

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.

•**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.

•**Fit & Well motivates students through Connect** – Tied to core student learning outcomes and objectives, Connect provides a highly interactive learning environment designed to help students connect to the resources they need to achieve success in the course.

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