

Principles And Labs For Fitness And Wellness 10th Edition

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Overview. Often imitated but never duplicated, PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, challenges students to meet their personal fitness and wellness goals -- and perhaps teach others how to do the same. The 14th Edition emphasizes the importance of a fitness and wellness lifestyle. It includes behavior modification techniques through sensible approaches and provides a strong focus on the practical ways students can incorporate changes into their daily lives.

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Sample for: Principles and Labs for Fitness and Wellness. Summary. This text gives students the motivational techniques and behavior modification tools to apply their learning experiences and knowledge from their fitness and wellness course.

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About. Bua Fitness was founded for one reason - to help you with long term, lasting change to your body, your health and your state of mind. Our Director of Fitness, Rua Gilna has over 14 years of experience in the Fitness Industry in roles ranging from training elite level athletes, training the average Joe, managing prestigious gyms, consulting in difficult injury rehab cases and leading ...

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In addition to PRINCIPLES AND LABS FOR PHYSICAL FITNESS, he has written several other textbooks for Cengage Learning, including Fitness and Wellness, Principles and Labs for Fitness and Wellness, Lifetime Physical Fitness and Wellness, Wellness: Guidelines for a Healthy Lifestyle, and Water Aerobics for Fitness and Wellness (with Terry-Ann ...

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