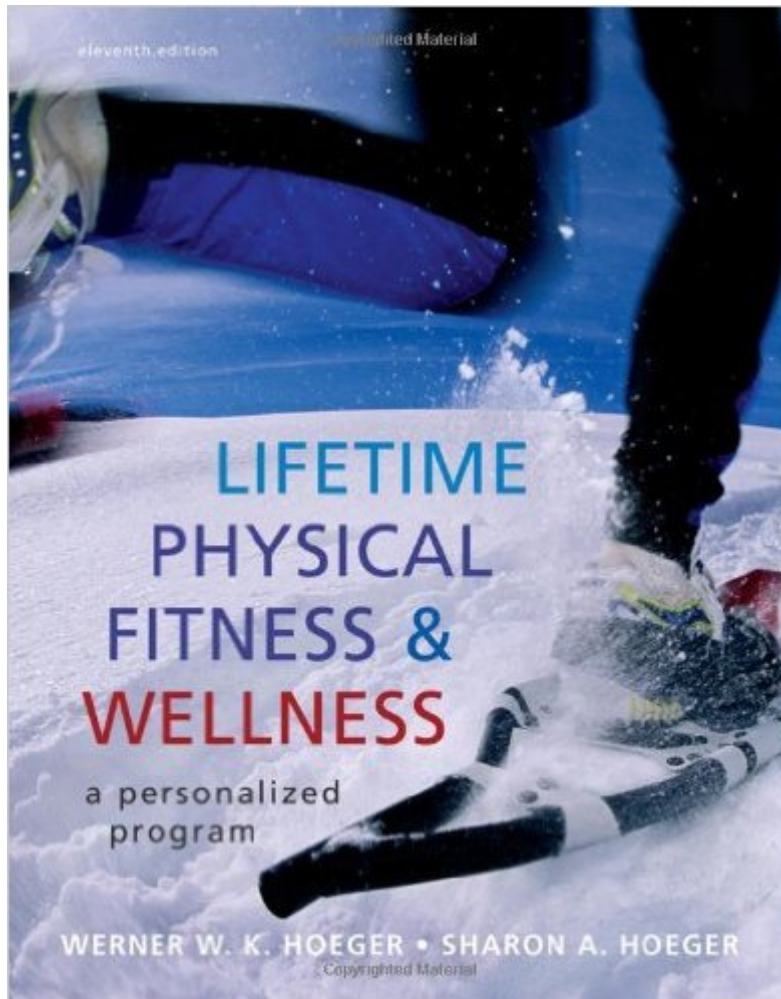


The book was found

# Lifetime Physical Fitness And Wellness: A Personalized Program (Available Titles CengageNOW)



## Synopsis

LIFETIME PHYSICAL FITNESS AND WELLNESS, 11th Edition, provides students with current information, tools, and guidelines to implement and adhere to a lifetime physical fitness and wellness program. Throughout the text, Werner W. K. Hoeger and Sharon A. Hoeger encourage students to take a critical look at their current behaviors in order to help them identify and abandon negative habits and adopt and maintain healthy behaviors. The authors' emphasis throughout the book is on teaching students how to take control of their personal lifestyles and make changes to promote overall health and wellness. In order to achieve this goal, the authors personalize the information to show students how content relates to their individual lives and provide easy steps to help students begin the process of behavior change. The unique design of this text integrates activities throughout each chapter, which allows students to learn core concepts and immediately apply their knowledge through self-review and application activities. In addition, LIFETIME PHYSICAL FITNESS AND WELLNESS is part of an integrated textbook program that extends beyond the text to online resources within CengageNOW and WebTutor that further students' understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

## Book Information

Series: Available Titles CengageNOW

Paperback: 560 pages

Publisher: Brooks Cole; 11 edition (January 21, 2010)

Language: English

ISBN-10: 0538737468

ISBN-13: 978-0538737463

Product Dimensions: 10.7 x 8.4 x 0.9 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #672,378 in Books (See Top 100 in Books) [#111 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) [#157 in Books > Medical Books > Nursing > Medical Nutrition](#) [#302 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition](#)

## Customer Reviews

This book surpassed all of my expectations. The description of the book said it was in a

"Used-Good" condition, however, I believe that it was in a great condition. (Very well taken care of). I initially bought this product, because I needed it for one of my kinesiology classes, but I will be keeping this book for a very long time. It has really interesting information about fitness, health, nutrition, etc. What I liked about this product was that each individual topic has its own section where it is presented. I needed a 10th ed. but an 11th ed. worked out just fine. Only difference was the way in which the information is gathered/grouped. Great book to invest in, if you need it for a class or just want to know more about fitness, health, nutrition, and overall wellness!

This was just a required text for a 101 course, but it turned out to be awesome! It's one of the few non-major books I've kept and I still refer to it two years later!

I chose this book for a lifetime wellness class in college. I'm not sure why we needed it, we really didn't use it. But from what I used it for, it was very helpful!

My son used this book for a summer class and I was impressed by the content of it and how much the prof taught directly from the book. Very good

Pages ripped easily and the cover bent way too easily but the book is interesting and appealing. Makes you want to read.

It's not difficult as long as one has the assistance of a teacher, it's quite necessary, overall I am pleased.

good book. not only am i earning easy university credit points by studying it in class, but I love doing it!

This textbook was adequately described as acceptable condition. The book is okay, I got it for a college course. It lays out a wide variety of topics well. My only real comment is that some of the worksheets had writing on them already, but that was very few and mostly erased. The pages are perforated too, if you like that to hand in worksheets.

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

Lifetime Physical Fitness and Wellness: A Personalized Program (Available Titles CengageNOW)  
Lifetime Physical Fitness and Wellness: A Personalized Program Object-Oriented Analysis and

Design with the Unified Process (Available Titles CengageNOW) Introduction to Marine Biology (with InfoTrac) (Available Titles CengageNOW) Fundamentals of Financial Management (with Thomson ONE - Business School Edition) (Available Titles CengageNOW) Introduction to Business Statistics (with Premium Website Printed Access Card) (Available Titles CengageNOW) Voices of Wisdom: A Multicultural Philosophy Reader (Available Titles CengageNOW) Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness HTML, XHTML, and CSS: Comprehensive (Available Titles Skills Assessment Manager (SAM) - Office 2010) HTML, XHTML, and CSS: Introductory (Available Titles Skills Assessment Manager (SAM) - Office 2007) New Perspectives on HTML, XHTML, and Dynamic HTML: Comprehensive (Available Titles Skills Assessment Manager (SAM) - Office 2010) New Perspectives on HTML and XHTML, Introductory (Available Titles Skills Assessment Manager (SAM) - Office 2010) Microsoft Visual Basic 2008: Comprehensive Concepts and Techniques (Available Titles Skills Assessment Manager (SAM) - Office 2010) New Perspectives on HTML and XHTML: Comprehensive (Available Titles Skills Assessment Manager (SAM) - Office 2010) Refrigeration and Air Conditioning Technology (Available Titles CourseMate) Functions and Change: A Modeling Approach to College Algebra (Available 2010 Titles Enhanced Web Assign) Nutrition Therapy and Pathophysiology (Available Titles Diet Analysis Plus) Understanding Food: Principles and Preparation (Available Titles CourseMate) Calculus: Concepts and Contexts (Available 2010 Titles Enhanced Web Assign)

[Dmca](#)