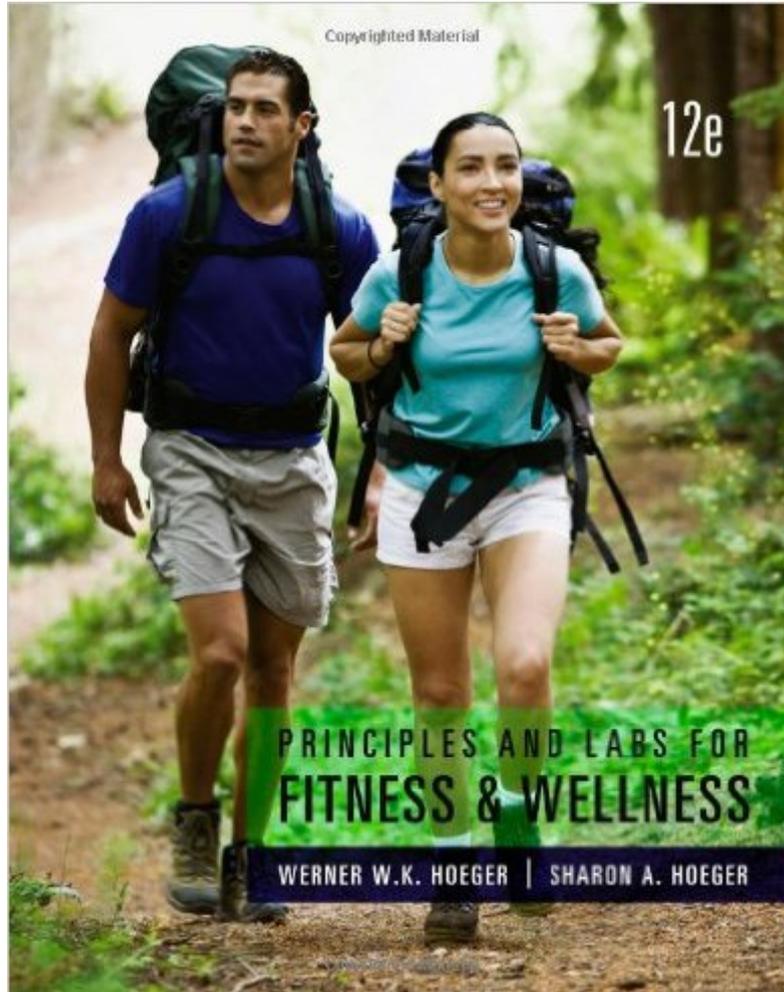


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# Principles And Labs For Fitness And Wellness



## Synopsis

Discover and achieve your personal fitness and wellness goals with Hoeger/Hoeger's PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12th Edition. Its personalized approach emphasizes behavior change and provides you with current, practical information and tips to incorporate in your daily life. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12th Edition offers a variety of resources for you to turn active learning into active living, including new "MyProfile" boxes, "Behavior Modification Planning" boxes, exercise videos, online labs, and more. Use these resources to achieve and maintain your personal health and wellness goals! Available with InfoTrac Student Collections <http://gocengage.com/infotrac>.

## Book Information

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Average Customer Review: 4.2 out of 5 stars See all reviews (30 customer reviews)

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## Customer Reviews

Lot of generic, commonly known knowledge about fitness and exercise. This was for a basic PE course I had to take at college. At lease the book I bought used was very cheap. I also hardly used the book as most of course was just sitting through powerpoints, class activities, and getting time in the gym. The tests were too easy on their own and I actually stopped doing the required reading because it was such basic stuff.

Everyone should read this book in conjunction with a fitness class! If you have any medical problems associated with obesity, then this book will help provide insight. There are no "magical" cures or weight loss pills, programs that will work except for the "tried and true" hard work of healthy eating habits and exercise as described in this book. The self-tests in this book give you an

excellent assessment of your health and even predict how long you may live depending on how you live now. People pay hundreds of dollars to see nutritionists, personal trainers and health care providers who follow the recommendations in this book. I am an RN and this helped fill the gaps in my education as well as help me lose weight (body fat) and has pointed me in the direction of a healthy life-style. I often refer to this book for guidance.

I got this for school but I ended up using it on my own! It's very informative on nutrition, diet, healthy lifestyles and how the body works, but my favorite part of it is the stretches and excersizes it has in it. The diagrams and pictures for stretches and excersizes are very resourceful, and even give you alternative options to common stretches that are better on your body. It also contains a lot of fitness and wellness evaluations and physical tests you can perform to evaluate yours health. If you read this book front to back and followed it's advice, you would be very knowledgeable and very healthy! Worth the buy if you are interested in keeping a good resource for the science behind nutrition and wellness.

It's a college textbook. Nice rental price as compared to buying it! I would recommend highly the rental option when considering this book, unless you need to keep it for a future reference source.

This book is very clear and easy to understand and use. My delivery of the book was in a prompt manner. I had previously ordered the same book from my school's bookstore two weeks prior but still had not received that one. The one from my school was used and the one from was new...the difference was only \$2.

I was expecting the book to come with a pedometer. It does not! That is the only difference between the book at the campus bookstore and ordering from is that you do not get the pedometer as a part of a package. I saved more than enough money, buying from v the campus bookstore, that I was able to buy a good pedometer and still have money left over.

Its what I need and what I paid for. Although I don't agree with the book companies robbing poor college students with expensive books but there's nothing that can be done about that.

It came with the CD and let me tell you, the CD has my professors tests on it. This class will be a piece of cake. The book is in fine condition and I received it very quickly.

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