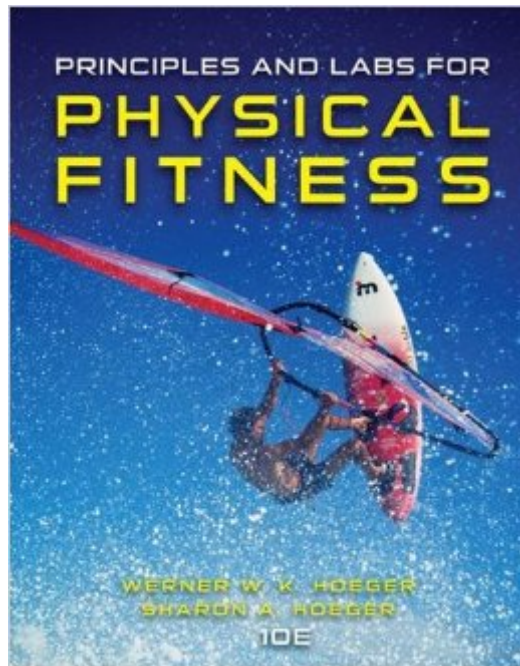


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# Principles And Labs For Physical Fitness



## Synopsis

Discover the benefits of an active, healthy lifestyle with PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition! Emphasizing behavioral modification approaches, husband-and-wife fitness gurus Werner and Sharon Hoeger challenge you to improve your life with cardiovascular exercise, strength training, better nutrition, weight management, and overall wellness. Thoughtfully written with a variety of learning features, PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition guides you toward adopting healthy behaviors with "My Profile" and "Behavior Modification Planning" boxes, test-test questions, exercise videos, online labs, and other helpful tools. Whether you choose a traditional text or interactive eBook, the road to achieving and maintaining personal health and wellness goals has never been so easy to follow.

## Book Information

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## Customer Reviews

It met my expectations but don't rent it unless you have okayed it with your professor that you can just make copies of the Lab pages that are included in the book.

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Excellent condition!

Easy to understand

As advertised.

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Principles and Labs for Physical Fitness 50 Weeks of STEM Labs (50 STEM Labs) (Volume 6)  
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