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Concepts of Fitness and Wellness Scott Flynn, Jonathan Howard, Lisa

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The text covers all of the important concepts of fitness and wellness. All of the major components of fitness are well addressed for the college population. The chapter on stress is excellent for the college student.

Content Accuracy rating: 5 I found the text to be very accurate. The chapters on the health related fitness components are ...

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wellness&fitness, improve appearance, enjoy it, relaxing, likes challenge, social involvement, competition, self-esteem, gives opportunities.

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