



Fit & Well, Alternate: Core Concepts and Labs in Physical Fitness and Wellness

By Thomas Fahey, Paul Insel, Walton Roth

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Fit and Well, Alternate Edition, offers an outstanding text and teaching package designed to help students incorporate fitness and wellness into their daily lives. It provides accurate, up-to-date coverage of the five components of health-related fitness, as well as coverage of nutrition, weight management, stress, and cardiovascular disease. It also gives students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle. Chapters 1-11 of the full version of Fit and Well (15 chapters) are included in the Alternate Edition.

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Editorial Review

About the Author

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

Paul Insel, PhD is Clinical Associate Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has been the principal investigator of numerous NIH studies involving health education, mental health, blood pressure, cardiovascular disease and nutrition. He has authored 14 books and more than 100 articles.

Walton T. Roth, M.D., is Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine, and Chief of the Psychiatric Consultation Service at the VA Palo Alto Health Care System. He is author of over 150 research articles about how the body reacts to stress and psychological disorders. His clinical specialties are the treatment of anxiety disorders and psychiatric consultation in the general hospital.

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