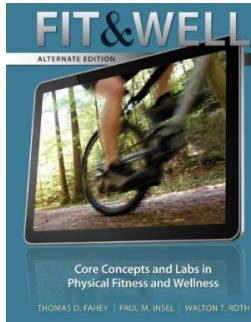


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McGraw-Hill Education, United States, 2012. Loose-leaf. Book Condition: New. 10th. 279 x 213 mm. Language: English. Brand New Book. The best-selling and most trusted title in fitness and wellness, Fit Well is a learning system that teaches the science and the skills students need to enjoy a lifetime of wellness. The new edition of Fit Well utilizes innovative technologies to engage and motivate students to take their health seriously and make healthy lifestyle behavior choices. Fit Well motivates students...

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- Authored by Thomas Fahey, Stanford University Stanford California Paul Insel, Walton Roth
- Released at 2012



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