



Fit to be Well: Essential Concepts

Alton L. Thygerson

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This text aims to increase student awareness of each aspect of a physically fit lifestyle and provides information for healthy behavioral change. Fit to be Well: Essential Concepts offers simple, workable approaches for being healthy and fit that can easily be added into the lifestyle and schedule of a student. Throughout each chapter there are easy to follow guidelines for: Modifying lifestyle behaviors, Increasing self-esteem and creating a more positive self-image, Eating a balanced and nutritional diet, Keeping body composition and weight at a healthy level, Improving physical endurance, strength, and flexibility, and Managing stress. By adding self-assessments and related labs to each of the chapters, this text becomes an interactive guide to building and implementing a fitness program that will work with individual needs and schedules.

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