



Total Fitness and Wellness

Scott K. Powers, Stephen L. Dodd

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Using an interactive approach for the evaluation of fitness levels and nutritional status, *Total Fitness and Wellness, Third Edition* teaches readers how to bring about lifestyle/behavior changes to achieve optimal fitness and wellness. Authors Scott Powers and Stephen Dodd, who have each taught for more than 20 years and won various teaching awards, bring their expertise in exercise physiology to this book. In addition to covering the primary concepts of physical fitness and wellness, the book provides a strong foundation in both exercise physiology and nutrition while addressing important issues such as exercise-related injuries, exercise and the environment, and exercise for special populations. For college instructors and students, or anyone interested in fitness and wellness, fitness concepts, or personal fitness.

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