



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

*Thomas Fahey, Paul Insel, Walton Roth*

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Fahey's *Fit and Well* is the best-selling Fitness/Wellness textbook series in the higher education market, known for its accuracy, labs, and rigor. The 9th edition of *Fit and Well* will be available with the Connect online learning management system, featuring assignable labs, videos, Internet exercises, pre and post tests, an interactive ebook, and more. Teaching the Fitness/Wellness class in a hybrid or online format has never been easier.

Fahey's *Fit and Well* is designed to motivate students to take their health seriously. It helps them understand why they should make healthy choices and how they can change unhealthy patterns. And it gives them the tools to do it.

**Fit and Well motivates students through science** - Fit and Well provides the information students need to start their journey to fitness and wellness not the random, unreliable information found on the Internet but authoritative, science-based information from experts who work and teach in the field.

**Fit and Well motivates students through personal engagement** - Fit and Well provides the foundation and the resources students need to create personalized fitness programs, including exercise guidelines, self-assessments, lab activities, descriptions and illustrations of exercises, sample programs, and a wealth of behavior change tools and tips.

**Fit and Well motivates students through Connect Fit and Well** - McGraw-Hill's Connect, a new web-based assignment and assessment platform, connects students with their coursework and with their instructors.

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