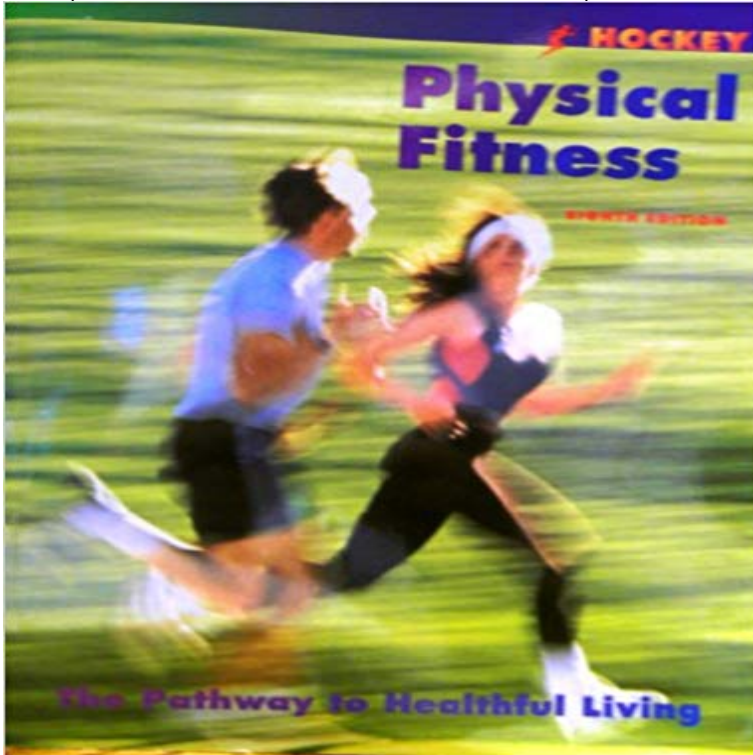


## Physical Fitness: The Pathway To Healthful Living



This basic, introductory text covers physical fitness and the components needed to live a healthy lifestyle, focusing on practical activities and programs individuals can do to become physically fit and maintain fitness for a lifetime. The eighth edition incorporates health and wellness into the basic concepts of exercise and physical fitness, includes numerous self-assessment activities and new pedagogical learning aids.

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