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# Fitness And Wellness



## Synopsis

Create your own personal fitness and wellness success stories with Hoeger and Hoeger's **FITNESS AND WELLNESS**. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools to extend your learning beyond the text. **FITNESS AND WELLNESS** offers you the most current coverage and practical guidelines to take charge of your health.

## Book Information

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## Customer Reviews

Get Ahead with Hoeger/Hoeger's **FITNESS AND WELLNESS** [View larger](#)  
[View larger](#) [View larger](#) [View larger](#) Real Life Stories. Inspiring [Real Life Stories](#); in each chapter use first person narratives to describe how students like you have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them. Evaluate What You Have Learned. [Assess Your Knowledge](#); multiple-choice review questions at the end of each chapter focus on core concepts and allow you to evaluate what you have learned. Answers are provided at the end of the book. [Assess Your Behavior](#). [Assess Your Behavior](#); sections at the end of each chapter assess your current behavior as it relates to chapter topics and highlight areas you need to

change to improve your fitness and wellness.      Frequently Asked Questions and Answers.

•Frequently Asked Questions• address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

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Dr. Werner W.K. Hoeger is Professor Emeritus in the Department of Kinesiology at Boise State University and a Fellow of the American College of Sports Medicine and the Research Consortium of SHAPE America (Society of Health and Physical Educators). The 2004 recipient of the Presidential Award for Research and Scholarship in the College of Education at Boise State University, he was the keynote speaker at the VII Iberoamerican Congress of Sports Medicine and Applied Sciences and the 2010 Western Society for Kinesiology and Wellness. He continues to research and lecture on exercise physiology, physical fitness and wellness. In addition to FITNESS AND WELLNESS, Dr. Hoeger has published several Cengage texts, including PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, PRINCIPLES AND LABS FOR PHYSICAL FITNESS, LIFETIME PHYSICAL FITNESS AND WELLNESS, WELLNESS: GUIDELINES FOR A HEALTHY LIFESTYLE and WATER AEROBICS FOR FITNESS AND WELLNESS. A former luge athlete, he competed in the 2002 and 2006 Winter Olympics and was named an All-American by USA Track & Field in 2012, 2014, 2015 and 2016. A renowned fitness and wellness innovator, Dr. Hoeger developed many popular fitness assessment tools in use today, such as the modified sit and reach, total body rotation, shoulder rotation, muscular endurance, muscular strength and endurance, and soda pop coordination tests. Sharon A. Hoeger is Vice President of Fitness & Wellness, Inc. in Boise, Idaho As co-author of FITNESS AND WELLNESS and four other Cengage texts, Sharon is responsible for researching the most current scientific information for each revision, as well as developing the interactive software that accompanies all the Hoeger fitness and wellness textbooks

-- innovations that have set the standard for fitness and wellness software today. The Hoeger husband-and-wife team has been jogging and strength training together for more than 39 years! Sharon holds a bachelor's degree in computer science from Brigham Young University.

It's a really good book and it gives you a broad information about wellness and fitness, and helps you understand what you need to do to keep yourself in a good weight and fitness condition. In my case I have always been trying to be involve in sports, like skiing, running, cycling. So I enjoy reading the book and learning a little more about this subject.

An over-priced publication obtained only because it was a coleger requirementl

A little outdated in my opinion on some things. It has an activity in one of the chapters that is supposed to be in line with the new MyPlate, but it lines up with the old pyramid in quanitites of food groups.

It looked like it once was wet but dried. but it's good useable

missing pages. I didn't realize it until i GOT to the pages in class and the window for returning had passed. waste of \$92.

I have no issues at all with the digital version for class. I recommend going this route instead of paying for the book.

The book came in very good condition..Very little writing within the book and no tears on the cover or the pages.

It's help me

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Group Fitness Specialty) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Water Fasting For Wellness: How To Start Your Very Own Water Fast For Optimal Health, Wellness and Longevity The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Engaging Wellness: Corporate Wellness Programs That Work Awaken the Wellness Within: A Journey to Health & Wellness Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Loose Leaf Edition Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness Fit & Well Alternate Edition: Core Concepts and Labs in Physical Fitness and Wellness Principles and Labs for Fitness and Wellness Invitation to Health (with InfoTrac and Health, Fitness, and Wellness Internet Explorer) Lifetime Physical Fitness and Wellness: A Personalized Program Everyday Health and Fitness with Multiple Sclerosis: Achieve Your Peak Physical Wellness while Working with Limited Mobility Fitness and Wellness Health, Wellness, and Physical Fitness, Grades 5 - 8 Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan)

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