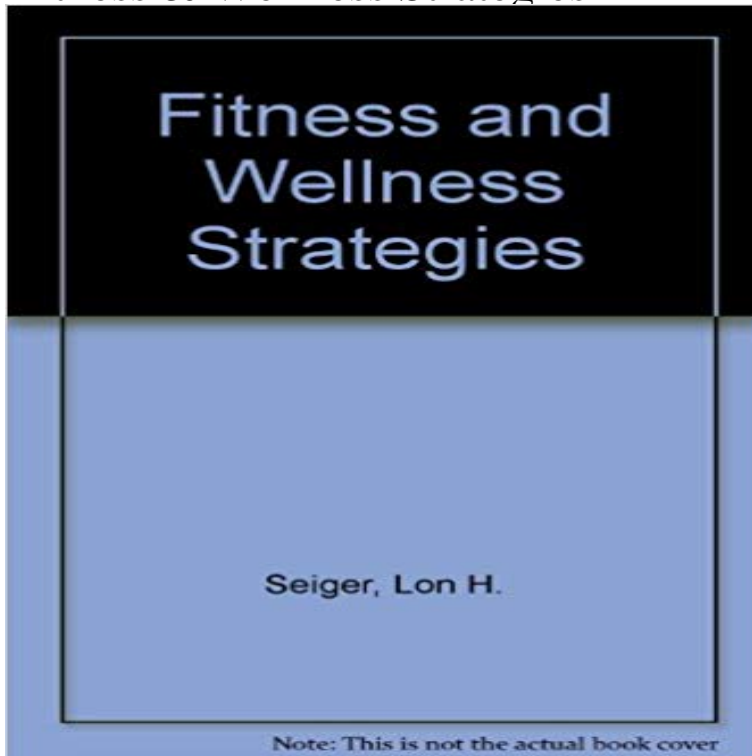


Fitness & Wellness Strategies



An introduction for students taking a fitness and wellness course. It takes a hands-on approach to teaching and learning by providing laboratory experience with worksheets included to be filled in for each exercise.

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