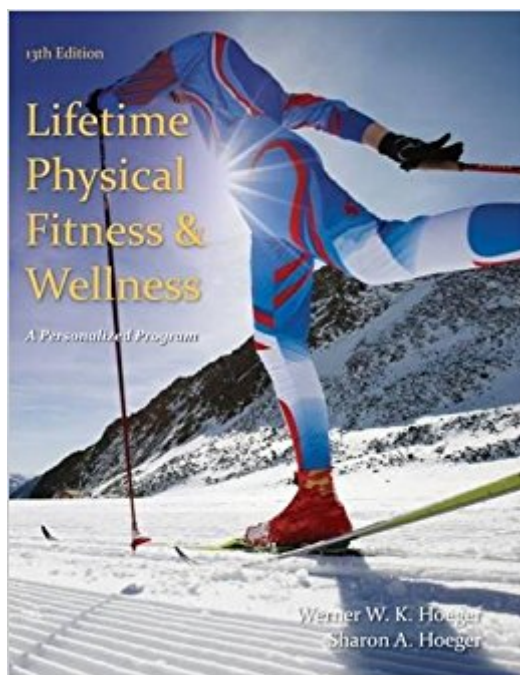


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# Lifetime Physical Fitness And Wellness: A Personalized Program



## Synopsis

LIFETIME PHYSICAL FITNESS AND WELLNESS, 13th Edition, provides students with current information, tools, and guidelines to implement and adhere to a lifetime physical fitness and wellness program. Throughout the text, Werner W. K. Hoeger and Sharon A. Hoeger encourage students to take a critical look at their current behaviors in order to help them identify and abandon negative habits and adopt and maintain healthy behaviors. The authors' emphasis throughout the book is on teaching students how to take control of their personal lifestyles and make changes to promote overall health and wellness. In order to achieve this goal, the authors personalize the information to show students how content relates to their individual lives and provide easy steps to help students begin the process of behavior change. The unique design of this text integrates activities throughout each chapter, which allows students to learn core concepts and immediately apply their knowledge through self-review and application activities. In addition, LIFETIME PHYSICAL FITNESS AND WELLNESS is part of an integrated textbook program that extends beyond the text to online resources that further students' understanding through personalized learning plans, online labs, and tracking their behavior change progress.

## Book Information

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## Customer Reviews

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.

Great book, easy to read for a textbook. For those who complained about it having a religious bent, it doesn't. It mentions a spiritual dimension to wellness, an aspect which has a proven positive affect on the human body. It doesn't mention a particular religion - it could be a spiritual aspect where one feels peaceful and at one with one's world. It mentions monogamy as the only way to be 100% sure that one will not be the victim of STDs, herpes, etc. This is a fact, not an esoteric spiritual thought, no matter whether one likes it or not. One can chose between a variety of lifestyles, and the book does not condemn any one lifestyle. It does, however, point out what lifestyle choices gives one the optimum healthy lifestyle - be it avoiding fatty foods, engaging in a consistent exercise program, or limiting glucose intake.

This must be for the bible belt, it would have you believe that prayer can heal you and the only proper sexual relation is a monogamous one after marriage

This book is used for a class that is required for a program I am in. The class is supposedly an "open-minded" class. But it is all about this book and it only focuses on Western thought. I had high expectations for this class and this book since I have been studying and practicing wellness for over 10 years. My expectations have been let down and this book or the class is not "open-minded" at all. Also, it hints at religion being part of the program, not impressed. If you don't know anything about wellness, it could be a good start if you want to include religion and all. And I recommend an Anatomy & Physiology course as a prerequisite. There are many in my class who don't understand some of the principles based on the understanding of Anatomy & Physiology.

Great labs in this book, will definitely use in my PE classes.

I think that there was a lot of important information in this textbook. I used it for a health course that is required at the university that I go to.

Great book, definitely a keeper if you can't decide between renting or buying!!! Very informative and detailed. Thorough definitions and easy to comprehend.

Received my book yesterday was excited. The book was in very good condition

Had all the labs missing. Can't even use it for class since the labs is what we need.

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