Fully Revised And Updated Edition Of A Comprehensive Physical Activity Text Physical Activity And Health: An Interactive Approach Systematically Covers The Basic Essentials Of Physical Fitness And Health. This Student-Friendly Text Is Accessible To Learners From A Wide Variety Of Academic Backgrounds And Presents Key Concepts In A Clear And Easy To Identify Format. Students Will Gain The Ability To Make Fully-Informed Decisions About Health And Wellness And Will Be Encouraged To Commit To A Lifelong Fitness Plan. The Fully Revised And Updated Seventh Edition Includes Updated Myplate And Nutrition Information, The Most Recent Dietary Guidelines For Americans, And Revised Sections On Consumer Health And Reproductive Anatomy.

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