

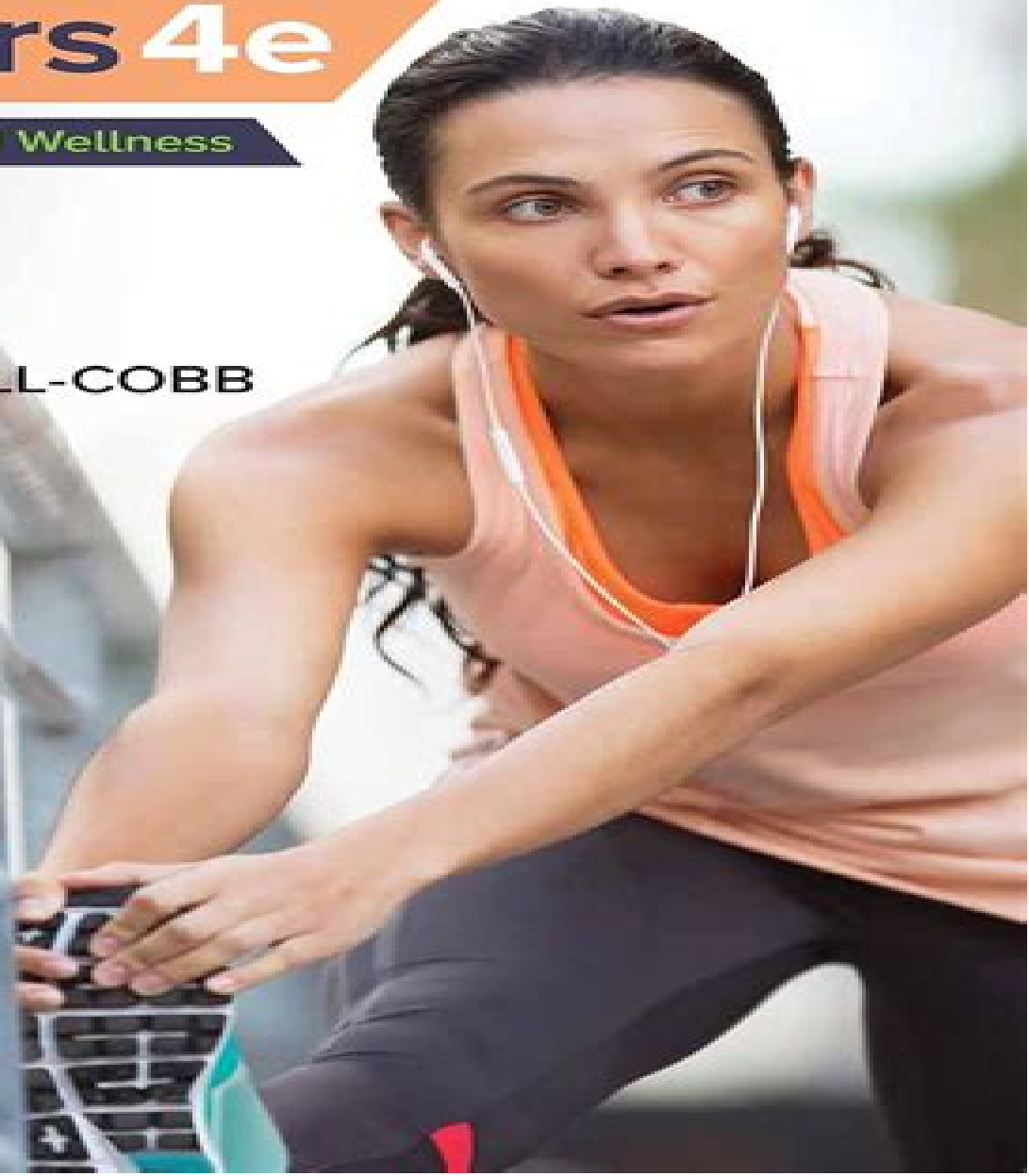
Questions^{and} Answers 4e

A Guide to Fitness and Wellness

GARY LIGUORI

SANDRA CARROLL-COBB

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including new Tech Tips in every chapter that help students take advantage of apps and tech based devices that will help them reach their fitness and wellness goals Additionally every chapter has been updated to reflect current scientific thinking data and statistics from such authoritative sources as the Centers for Disease Control and Prevention the American Cancer Society the American Heart Association the U S Food and Drug Administration and the U S Department of Agriculture

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