

Fit And Well Core Concepts 11th Edition

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Fit And Well Core Concepts

CHAPTER #1

FIT & WELL ACTIVE LEARNING GUIDE PAGE 1 CHAPTER #1 INTRODUCTION TO WELLNESS, FITNESS AND LIFESTYLE MANAGEMENT
 DEFINE KEY TERMS AND CONCEPTS 1 Wellness 2 Infectious disease 3 Chronic disease 4 Physical fitness 5 Health diet 6 ...

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Muscular Strength and Endurance

Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness Training for Strength versus Training for Endurance Time of Exercise: Repetitions and Sets Set = a group of repetitions followed by a rest period For general fitness, 1 set of each exercise is sufficient

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