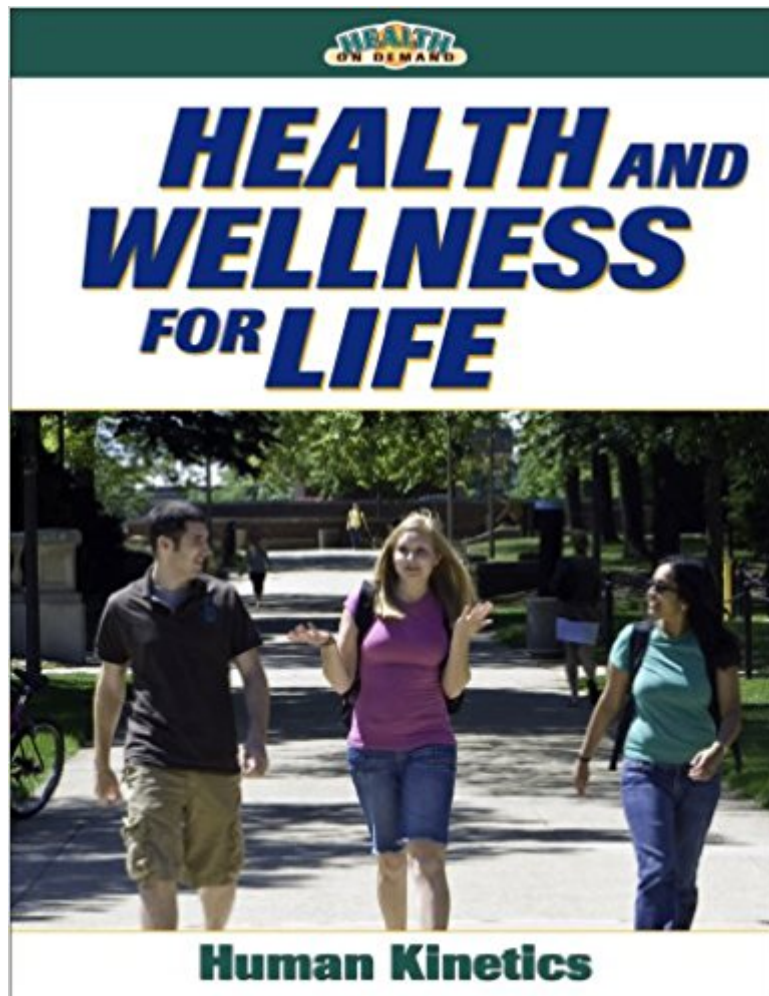




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Health And Wellness For Life (Health On Demand)



Synopsis

Health and Wellness for Life offers a ready-made option for those looking for a textbook that covers all the essential personal health topics for the general student population. It features content developed by 15 veteran health educators and organized into a cohesive course text by Human Kinetics, a publisher with more than 30 years of experience in providing top-quality information resources to the fields of health and physical education and to the various kinesiology subdisciplines. It includes 16 chapters of the topics most often covered in a general-education health course. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

Book Information

File Size: 91577 KB

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Customer Reviews

We all need some new perspective on how we can live a healthier life. This book offers a look at what might be genetic or what is environmental. If we are well informed, the chances are we may make better choices.

The layout is simple as well as the reading. I will sell it to a student in the next class. I don't have any use for it now that the class is over. I would recommend it for young students.

I didn't have a choice about buying this for my class, but it was in great condition and the web content was helpful.

Not what I was hoping for. This is a text and has no tests or reviews for evaluation. Plus the content is a little to adult for my 11 year old son. I may use it when he starts high school but not for 6th grade.

Impossible to use for an online course as no page numbers are provided. Good content however

Great book. Was very helpful in my collage class.

Very indepth textbook, would highly recommend

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