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By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

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Total Fitness and Wellness gives you a solid foundation in fitness & lifetime wellness, while teaching and coaching you how to make healthy behavioral changes and lifestyle choices.

The new edition combines the latest research and statistics in exercise science

while coaching you through the best way to put better fitness into action. Unique to Total Fitness and Wellness, a new chapter on planning Fitness & Wellness programs (Chapter 7) guides you on building your complete programs for enhanced fitness & wellness. Furthermore, the coaching features and revised sample programs throughout the text offer you easy-to-follow, strategic guides to reaching all your fitness & wellness goals. QR codes in the book link to actual exercise videos, so you can quickly and easily see proper form and technique videos prior to your own workouts.

For a focused presentation on fitness, the Brief Edition consists of Chapters 1–11 from the big book so students receive the basics on fitness, nutrition, cardiovascular disease, and stress management.

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Editorial Review

About the Author

Scott Powers holds the title of distinguished professor, and is also director of the Center for Exercise Science at the University of Florida. He has been teaching for over 20 years, and was named Teacher of the Year at UF in 1992. Scott served as president of the Southeastern Chapter of the American College of Sports Medicine in 1986, and is the co-author of another textbook, *Exercise Physiology: Theory and Application to Fitness and Performance*, Eighth Edition, published by McGraw-Hill. As a member of the Gatorade Sports Science Institute (GSSI) Sports Medicine Review Board and the editorial board for the *Journal of Applied Physiology, Medicine and Science in Sports and Exercise*, the *International Journal of Sports Medicine*, and the *International Journal of Sport Nutrition and Exercise Metabolism*, he is a well-known and highly respected individual in the field of exercise physiology.

Stephen Dodd is a professor in the Department of Applied Physiology and Kinesiology at the University of Florida. He has been teaching for more than 20 years, and has won numerous awards, including the Teacher of the Year award in 1997. He has won the annual "Instructional Resources Grant" from UF every year since 1991, allowing him to make innovations in use of multimedia in his classroom. He has held numerous chairs in committees at UF.

Erica Jackson is an assistant professor in the Department of Public & Allied Health Sciences at Delaware State University. Erica teaches the fitness and wellness course, in addition to exercise psychology and kinesiology research. Erica is young, energetic, and in touch with her students. She brings both her expertise and first-hand knowledge of the challenges fitness and wellness instructors' face in the classroom to the text book.

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