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Total Fitness and Wellness by Scott K. Powers, Stephen L. Dodd, Virginia J. Noland, January 4, 2008, Benjamin Cummings edition, Hardcover in English - 5 edition Total Fitness and Wellness (5th Edition) (January 4, 2008 edition) | Open Library

Fitness Facilities | Washington Athletic Club

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KEY BENEFITt: Thoroughly revised and updated to be relevant, approachable, and appealing, Powers and Dodd's Total Fitness & Wellness, Fifth Edition gives students a solid foundation in fitness and lifetime wellness, while teaching them how to make healthy behavioral changes and lifestyle choices.

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The Powers/Dodd, Total Fitness & Wellness, Brief, Fifth Edition, (0134378253 / 9780134378251), includes eleven total chapters consisting of Chapters 1-11 of this Seventh Edition. Resources Show resources for All Course Resources Discipline Resources Instructor Resources Other Student Resources Websites and online courses

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