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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. Unintentional injuries 7. Lifestyle management

CHAPTER #1
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Fit & Well Ninth Edition(9th Edition) (Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness) by Paul M. Insel, Walton T. Roth, Thomas D. Fahey Paperback, 512 Pages, Published 2010 by McGraw-Hill Education Everybook ISBN-13: 978-0-07-352379-8, ISBN: 0-07-352379-8

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