



LearnSmart for Questions and Answers: A Guide to Fitness and Wellness

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"If students sit passively on the sidelines, how can we expect them to learn—and to change their behavior in ways that promote their health and wellness, now and in the future?"

Questions and Answers: A Guide to Fitness and Wellness empowers students to become active participants in their own fitness and wellness through a genuinely student-centered approach. This is the first fitness and wellness text to be written in direct response to students' questions about their own health and well-being. In responding to these student inquiries, authors Gary Liguori and Sandra Carroll-Cobb combine the latest science-based knowledge with practical guidance on concrete actions students can take now to improve their fitness and wellness. By encouraging students to be engaged participants in their learning, Questions and Answers also inspires them to become active shapers of their future health and happiness."

System Requirements:

- Supported OS: Windows 8 Windows 7 Windows Vista Windows XP Mac OS X 10.8 Mountain Lion

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