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Total Fitness & Wellness, The Mastering Health Edition, Books a la Carte Plus Mastering Health with Pearson eText -- Access Card Package (7th Edition) by Scott K. Powers and Stephen L. Dodd | Jan 23, 2016

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Using an interactive approach for the evaluation of fitness levels and nutritional status, Total Fitness and Wellness, Third Edition teaches readers how to bring about lifestyle/behavior changes to achieve optimal fitness and wellness. Authors Scott Powers and Stephen Dodd, who have each taught for more than 20 years and won various teaching awards, bring their expertise in exercise physiology to this book.

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