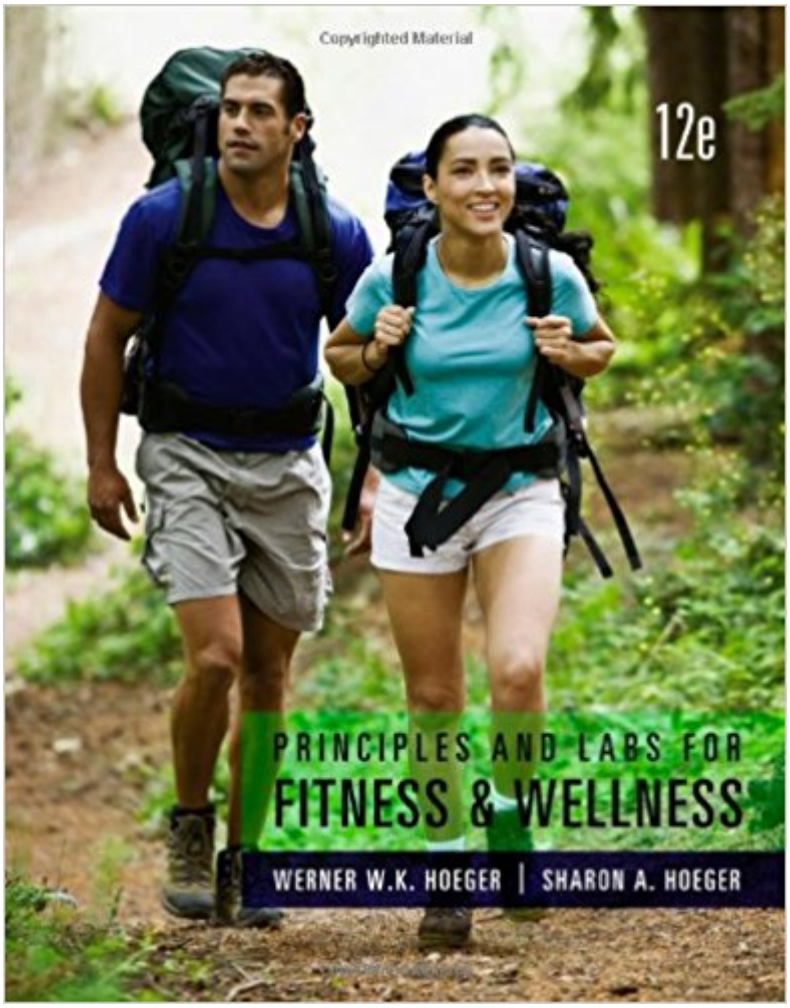
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Principles And Labs For Fitness And Wellness



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Synopsis

Discover and achieve your personal fitness and wellness goals with Hoeger/Hoeger's PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12th Edition. Its personalized approach emphasizes behavior change and provides you with current, practical information and tips to incorporate in your daily life. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12th Edition offers a variety of resources for you to turn active learning into active living, including new "MyProfile" boxes, "Behavior Modification Planning" boxes, exercise videos, online labs, and more. Use these resources to achieve and maintain your personal health and wellness goals! Available with InfoTrac Student Collections http://gocengage.com/infotrac.

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Customer Reviews

Dr. Werner W.K. Hoeger Professor Emeritus in the Department of Kinesiology at Boise State University, and Fellow of the American College of Sports Medicine and the Research Consortium of SHAPE America (Society of Health and Physical Educators). The 2004 recipient of the Presidential Award for Research and Scholarship in the College of Education at Boise State University, keynote speaker at the VII Iberoamerican Congress of Sports Medicine and Applied Sciences and the 2010 Western Society for Kinesiology and Wellness, Dr. Hoeger continues to research and lecture on exercise physiology, physical fitness, and wellness. In addition to PRINCIPLES AND LABS FOR PHYSICAL FITNESS, Dr. Hoeger has published several Cengage Learning texts including Fitness and Wellness, Principles and Labs for Physical Fitness, Lifetime Physical Fitness and Wellness,

Wellness: Guidelines for a Healthy Lifestyle, and Water Aerobics for Fitness and Wellness. Dr. Hoeger is a former luge athlete (2002 and 2006 Winter Olympian); All-American by USA Track & Field in 2012, 2014, 2015, and 2016; and renowned fitness and wellness innovator. He developed many popular fitness assessment tools in use today, such as the modified sit and reach, total body rotation, shoulder rotation, muscular endurance, muscular strength and endurance, and soda pop coordination tests.Sharon A. Hoeger is Vice President of Fitness & Wellness, Inc. in Boise, Idaho, and holds a bachelor's degree in computer science from Brigham Young University. As co-author of PRINCIPLES AND LABS FOR PHYSICAL FITNESS, and four other Cengage Learning texts, Mrs. Hoeger is responsible for researching the most current scientific information for each revision, as well as developing the interactive software that accompanies all of the Hoeger fitness and wellness textbooks--innovations that have set the standard for fitness and wellness software today. The Hoeger husband-and-wife team has been jogging and strength training together for more than 39 years!

Everyone should read this book in conjunction with a fitness class! If you have any medical problems associated with obesity, then this book will help provide insight. There are no "magical" cures or weight loss pills, programs that will work except for the "tried and true" hard work of healthy eating habits and exercise as described in this book. The self-tests in this book give you an excellent assessment of your health and even predict how long you may live depending on how you live now. People pay hundreds of dollars to see nutritionists, personal trainers and health care providers who follow the recommendations in this book. I am an RN and this helped fill the gaps in my education as well as help me lose weight (body fat) and has pointed me in the direction of a healthy life-style. I often refer to this book for guidance.

I got this for school but I ended up using it on my own! It's very informative on nutrition, diet, healthy lifestyles and how the body works, but my favorite part of it is the stretches and excersizes it has in it. The diagrams and pictures for stretches and excersizes are very resourceful, and even give you alternative options to common stretches that are better on your body. It also contains a lot of fitness and wellness evaluations and physical tests you can perform to evaluate yours health. If you read this book front to back and followed it's advice, you would be very knowledgeable and very healthy! Worth the buy if you are interested in keeping a good resource for the science behind nutrition and wellness.

Lot of generic, commonly known knowledge about fitness and exercise. This was for a basic PE course I had to take at college. At lease the book I bought used was very cheap. I also hardly used the book as most of course was just sitting through powerpoints, class activities, and getting time in the gym. The tests were too easy on their own and I actually stopped doing the required reading because it was such basic stuff.

I purchased this ebook and I am very happy with it. I see many advantages to using the ebook versus a paperback book. I am currently reading this text for an online class (Health Promotion Wellness). There are labs at the back of each chapter which we use for our homework and so far it seems well created.

I am so disappointed when I received this book. Some of the pages were missing especially the lab part. I had to buy an ebook version online just to print the lab I needed for the class. What a waste of money. This was sold to me by fastbook6.

It’s a text book about fitness and wellness. I’m pretty sure the only reason anyone is going to buy this book is because their college instructor requires it so I doubt this review will sway your decision one way or another.

Today is February 4th, and this book just came today. School has been in session since January 14th. There was no tracking info so I waited unjtil the time frame for delivery had expired before I got really upset. I purchased the book from school at a cost of ninety two dollars. Pretty expensive text book when you add the cost of the two of them together. Who needs two text books just alike. I would very much like to return this book and have my money refunded. Do I have that option?

It’s a college textbook. Nice rental price as compared to buying it! I would recommend highly the rental option when considering this book, unless you need to keep it for a future reference source.

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