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Total Fitness & Wellness, The Mastering Health Edition, Brief Edition (5th Edition)

Total Fitness and Wellness (5th Edition): Powers, Scott K ...

Total Fitness and Wellness gives students a solid foundation in fitness and wellness, while providing them with the tools they need to make healthy behavioral changes and lifestyle choices. The vibrant design makes the book more approachable through modern chapter-opening photos, graphs, and detailed exercise photos.

Total Fitness & Wellness, The Mastering Health Edition ...

Total Fitness & Wellness, The Mastering Health Edition, Books a la Carte Edition (7th Edition) 7th Edition by Scott K. Powers (Author), Stephen L. Dodd (Author), Erica M. Jackson (Author) 5.0 out of 5 stars 1 rating ISBN-13: 978-0134327044

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Total Fitness and Wellness (3rd Edition): Powers, Scott K ...

Total Fitness and Wellness (6th Edition) by Scott K. Powers. 4.3 out of 5 stars 24. Total Fitness and Wellness (5th Edition) by Scott K. Powers. 3.5 out of 5 stars 15. Total Fitness & Wellness, The Mastering Health Edition, Brief Edition Plus Mastering... by Scott K. Powers. \$86.65. 5.0 out of 5 stars 2.

Amazon.com: Customer reviews: Total Fitness and Wellness ...

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Total Fitness & Wellness 6th Edition - Powell's Books

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Total Fitness Equipment - Gym & Exercise Equipment Stores

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