



# Concepts of Physical Fitness: Active Lifestyles for Wellness

*Charles Corbin, Gregory Welk, William Corbin, Karen Welk*

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**A proven philosophy for teaching lifetime fitness and wellness... “Health is available to Everyone for a Lifetime, and it’s Personal.”**

The goal of our book?summarized in the “HELP” philosophy stated above?is to help all people make personal lifestyle changes that promote health, fitness, and wellness over a lifetime. Organized into concise concepts that make it easy for students to learn, *Concepts of Physical Fitness* is now integrated with online activities and assessments that enable students to apply the latest research on fitness and wellness to their own lives.

- New HELP activities encourage students to reflect, think critically, and apply the HELP philosophy to their lives.
- New icons link text to additional online features and resources, interactive quizzes, video activities, and study aids.
- Chapter-opening Health Goals reflect the priorities of Healthy People 2020, helping students link personal goals with national goals.
- In the News boxes inform students about current topics, trends, reports, and research findings, and Strategies for Action boxes provide practical tips for applying that information to their own lives.
- Detailed illustrations show students exactly how to perform strength training and flexibility exercises.

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