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Concepts of Physical Fitness: Active Lifestyles for Wellness

Charles Corbin, Greg Welk, William Corbin, Karen Welk

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"Concepts of Physical Fitness" provides readers with the self-management skills necessary to adopt a healthy lifestyle. Pioneering texts in this field, these revisions of Concepts are designed to deliver a comprehensive text and digital program that continues to be at the cutting edge of physical activity and health promotion, empowering students to make positive steps towards developing a lifelong commitment to being active. Building upon the tremendous success of previous editions, these new editions are being thoroughly fine-tuned to ensure that the writing style, examples, and illustrations are not only contemporary, but also accessible.

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