



# Total Fitness & Wellness, Media Update (5th Edition)

*Scott K. Powers, Stephen L. Dodd, Erica M. Jackson*

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Thoroughly revised and updated, **Total Fitness & Wellness** provides a solid foundation in fitness and lifetime wellness, while teaching you how to make healthy behavioral changes and lifestyle choices. The **Media Update** features an extensively revised Companion Website with over 80 new exercise videos, ABC News videos, RSS feeds, flashcards, electronic versions of labs and self-assessments, and electronic versions of the Behavior Change Worksheets. The new MyFitnessLab™ features the same updates as the website, as well as Pearson eText with live links, audio clips, and electronic versions of the Eat Right! and Live Right! booklets.

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