Book: Concepts of Fitness and Wellness (Flynn et al.)

This open textbook for Concepts of Fitness and Wellness is written by Scott Flynn, Lisa Jellum, Jonathan Howard, Althea Moser, David Mathis, Christin Collins, Sharryse Henderson, and Connie Watjen.

- Front Matter
- No image available: Healthy Behaviors and Wellness
- No image available: Fitness Principles
- No image available: Cardiorespiratory Fitness
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- No image available: Flexibility
- No image available: Body Composition
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9: Stress

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10: Cardiovascular Disease

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11: Cancer Development

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12: Substance Use and Abuse

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13: Sexually Transmitted Diseases/Infections (STDs/STIs)

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