

Fitness For Life Fifth Edition

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Fitness for Life - 5th Edition - Cloth. 5th Edition. by Charles Corbin (Author), Ruth Lindsey (Author) 4.5 out of 5 stars 25 ratings. ISBN-13: 978-0736046626. ISBN-10: 0736046623.

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Students who use Fitness for Life, Fifth Edition or Fitness for Life, Updated Fifth Edition have access to the following resources. Web Resource: Each chapter of the book includes icons next to topics that have additional information on the student web resource, including vocabulary definitions in English and Spanish. On the web resource, just click the chapter number and then select the desired topic number.

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Dr. Le Masurier has given more than 30 research and professional presentations at national and regional meetings. He reviews research for numerous professional journals and has contributed to Fitness for Life, Fifth Edition, and the Physical Best Activity Guide. Dr.

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