

## Fit And Well 3rd Canadian Edition

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Fit & Well 4th Canadian edition is designed to motivate students to take their health seriously. It helps them understand why they should make healthy choices and how they can change unhealthy patterns. And it gives them to tools to do it. Fit & Well motivates students through science.

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Fit and Well offers the best text and teaching package to help students incorporate fitness and wellness into their daily lives. With an emphasis on personal responsibility and behavior change, this text provides accurate, up-to-date information on the five components of health-related fitness, as well as coverage of nutrition, stress, substance abuse, chronic diseases, an

~~Fit and Well: Core Concepts and Labs in Physical Fitness—~~

In American and Canadian English, fit is often uninflected in the the past tense and as a past participle. Outside North America, writers typically favor fitted for these uses, but fit appears some of the time. But as adjectives, fit and fitted do have a distinction: fit means healthy or appropriate, and fitted means designed to fit.

~~How to Use Fit vs. fitted Correctly—Grammarist~~

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