

Total Fitness And Wellness 3rd Brief Edition

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Total Fitness And Wellness 3rd

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Total Fitness and Wellness

Uma Total Fitness & Wellness Inc. is a New York Domestic Business Corporation filed on August 25, 2010. The company's filing status is listed as Inactive - Dissolution By Proclamation / Annulmen and its File Number is 3988587. The Registered Agent on file for this company is Uma Total Fitness & Wellness Inc. and is located at 4022 74th Street, Elmhurst, NY 11373.

Uma Total Fitness & Wellness Inc. in Elmhurst, NY ...

Total Fitness and Wellness gives students a solid foundation in fitness and wellness, while providing them with the tools they need to make healthy behavioral changes and lifestyle choices. The easy-to-use text provides students with a clear learning path through practical fitness information they can incorporate into their lives.

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Total Fitness and Wellness Edition 3rd Author Powers, Scott K., Dodd, Stephen L., Noland, Virginia J., Jackson, Erica M., Miller, Marilyn K.

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Mayol published the 3 rd edition of her textbook, Wellness: The Total Package, (2019) focusing on multi-dimensional wellness for emerging adults. Her research line includes studying sport motivation, multi-dimensional wellness, self-compassion and performance self-esteem in collegiate student-athletes and examining hope, optimism, group cohesion, motivation and perceived stress in special populations.

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