



## Fit & Well, Alternate: Core Concepts and Labs in Physical Fitness and Wellness

By Thomas Fahey, Paul Insel, Walton Roth

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### **Editorial Review**

#### About the Author

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

Paul Insel, PhD is Clinical Associate Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has been the principal investigator of numerous NIH studies involving health education, mental health, blood pressure, cardiovascular disease and nutrition. He has authored 14 books and more than 100 articles.

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