

A person in a black wetsuit is surfing on a blue wave. The surfer is positioned on the left side of the frame, leaning forward. The wave is breaking, creating white foam. The background is a deep blue ocean.

NINTH EDITION
FIT & SWELL

Core Concepts and Labs in
Physical Fitness and Wellness

Thomas D. Fahey • Paul M. Jansel • Walton L. Roth

Fit And Well 9th Edition

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