

SIXTEENTH EDITION

Concepts of **Physical Fitness**

Active Lifestyles for Wellness

A photograph of a person in a blue jacket and orange life vest kayaking on a calm lake. Another kayaker is visible in the distance. The background features a range of mountains under a blue sky with scattered white clouds. The water is a deep blue-green color.

Charles Corbin | Greg Welk | William Corbin | Karen Welk

Ll Concepts Of Physical Fitness Active Lifestyles For Wellness

Y Pai

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, followed by a red circular shape with a gradient effect.

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