

Christian Paths To Health And Wellness

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Christian Paths to Health and Wellness 3rd. Formats: New, Used, Rent, International Author: Peter Walters; John Byl. Publisher: Human Kinetics Edition: 3rd, Third, 3e Year: 2020 Format: Looseleaf - sheets only 264 pages ISBN: 978-1-4925-9938-8 (9781492599388) ...

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Christian Paths to Health and Wellness will help you • develop cardiorespiratory endurance, muscular strength, and flexibility; • apply principles of good nutrition; • manage stress and better understand other issues affecting emotional wellness; • learn the importance of regular, sound sleep; and • understand how to develop and maintain healthy relationships.

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CHRISTIAN PATHS TO HEALTH+WELLNESS | Gardner-Webb University

Christian Paths to Health and Wellness is significantly different than most health textbooks in that it expects students to not just learn the material, but to also apply it, especially through a fitness program. In a homeschool context, it should work best for self-motivated students who are able to work through the text independently.

Christian Paths to Health and Wellness

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Christian Paths to Health and Wellness 2nd Edition Review ...

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