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Wellness, students will learn about and practice making choices that have positive effects on their lifelong fitness and wellness. Students will become aware of physical wellness issues and develop a passion for proactive and permanent lifestyle changes.

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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

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should work best for self-motivated students who are able to work through the text independently.

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