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Chapter 2: Assessing Your Wellness Reading Links: Assessing Your Wellness; Video: Six Stages of Change; Assignment: Wellness Quiz and Stages of Change Strategies; Unit 2 Unit 2 Overview & Objectives; Chapter 3: Introduction to Fitness and Wellness Introduction to Fitness and Wellness Readings

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This is a Unit 1, Chapter 1, Section 1 powerpoint presentation I prepared based on the Holt-"Lifetime Health" textbook copyrighted in 2009. The works cited source is: Friedman, David P., Curtis C. Stine, and Shannon Whalen. Lifetime Health. Austin, TX: Holt, Rinehart and Winston, 2009. Print. This

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