



By Dr. Telly Kamelia

If you only need the buying answer: rental is the cheapest route in this snapshot, and it is much lower than the current paperback. HKPropel is also below print. That means the honest short-term value route is access, not ownership, unless you specifically want the book beyond the current course.

Current price comparison

Format	Source	Price	Link
Paperback	Merybook	\$63.47	Check price
Quarter rental	eCampus	\$29.71	Check price
HKPropel / digital access (1825 days)	eCampus	\$81.90	Check price
Marketplace	eCampus	\$69.55	Check price

What this book actually teaches

Fitness and Well-Being for Life is a wellness and exercise text about training principles, behavior change, health habits, and personal well-being. The book matters because it tries to move readers from general advice into a more structured understanding of fitness, planning, and sustainable lifestyle change.

That can give the material personal value beyond the semester, but not every student needs to keep the book to retain that value. This is one of those cases where the course format matters a lot.

When print is still worth buying

The honest cheapest route is rental, and the gap over print is substantial. That makes access the better value for a short-term class need. Print only becomes easier to justify if you know you want a physical book to keep and revisit for training and wellness planning later.

I would lean toward rental for most one-course use. I would lean toward print only for readers who strongly prefer a keepable wellness text and expect to use it after the course ends.

Sources checked

- [eCampus rental check](#)
- [HKPropel market check](#)
- [Marketplace check](#)