



Get Fit, Stay Well!

Janet L. Hopson, Rebecca J. Donatelle, Tanya R. Littrell

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Get Fit, Stay Well! offers one of the most modern, reader-focused, flexible, and technology-enhanced approaches to fitness and wellness available today. It is the only fitness and wellness book to employ integrated student-case-studies throughout each chapter. It presents a thoroughly fresh art and photo program featuring strength training photos depicting real, contemporary students, modern-day equipment, and options for those with limited access to equipment. A unique three-pronged (skill acquisition, self-assessment, and plan-for-action) approach to labs helps readers bridge the gap between what they know they *ought* to do and how they actually act. Making Personal Wellness Choices, Understanding Fitness Principles, Committing to Fitness, Conditioning Your Cardiorespiratory System, Building Muscular Strength and Endurance, Maintaining Flexibility and Lower-Back Health, Understanding Body Composition, Improving Your Nutrition, Managing Your Weight, Managing Stress, Reducing Your Risk of Cardiovascular Disease. Intended for those interested in learning the basics of fitness and wellness.

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