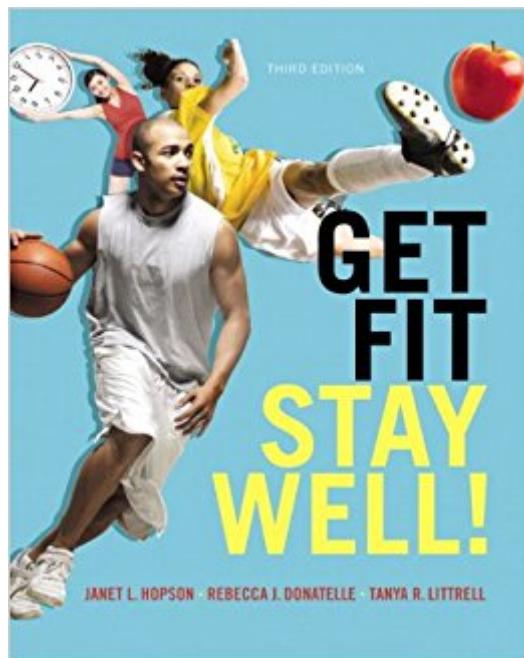


The book was found

# Get Fit, Stay Well! (3rd Edition)



## Synopsis

For the Fitness & Wellness Course Motivate Students to Get Fit and Stay Well For Life Get Fit, Stay Well! gives students the targeted, personalized guidance they need to get started, keep motivated, and approach the next level in their own fitness & wellness. The Third Edition provides dynamic media, content that activates learning, and personalized approaches to fitness and wellness that students can apply for life. Maintaining the highly praised hallmarks of previous editions—integrated case studies, three-pronged labs, a fresh graphical approach, and extensive strength training and flexibility photos and videos—this edition further engages students by including vibrant GetFitGraphic infographics to inspire thinking and discussion. QR codes in the book allow students to easily access exercise videos and fitness programs right on their smartphones. Instructors can track and assess student progress with the easy-to-use MasteringHealth. Included with Get Fit, Stay Well!, MasteringHealth is an online homework, tutorial, and assessment product designed to improve results by helping students quickly master concepts. Students benefit from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to help keep students on track and prepared for lecture.

**Teaching and Learning Experience** This program presents a better teaching and learning experience—for you and your students. Get Fit, Stay Well! Third Edition will:

- Personalize Learning with MasteringHealth:** MasteringHealth coaches students through the toughest fitness and wellness topics. Engaging tools help students visualize, practice, and understand crucial content, from the basics of fitness to the fundamentals of behavior change.
- Engage Students with Dynamic Tools:** Online resources and a mobile website for personal fitness and wellness programs guide students through every chapter and encourage healthy changes.
- Activate Learning with Real-world Fitness & Wellness Topics:** A modern presentation of strength training as well as two new wellness programs brings fitness and wellness to life for students.
- Encourage Behavior Change:** Labs, case studies, and new tips for making healthy changes help students learn what they need to do to become fit and well for life.
- Keep Students Motivated:** New GetFitGraphics and reflection questions in the labs keep students on track.

**Note:** You are purchasing a standalone product; Mastering does not come packaged with this content. If you would like to purchase both the physical text and Mastering search for ISBN-10: 0321911849 /ISBN-13: 9780321911841. That package includes ISBN-10: 0321933958/ISBN-13: 9780321933959 and ISBN-10: 0321957393/ISBN-13: 9780321957399. Mastering is not a self-paced technology and should only be purchased when required by an instructor.

## Book Information

Paperback: 512 pages

Publisher: Pearson; 3 edition (January 13, 2014)

Language: English

ISBN-10: 0321933958

ISBN-13: 978-0321933959

Product Dimensions: 8.4 x 0.9 x 10.7 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 71 customer reviews

Best Sellers Rank: #18,707 in Books (See Top 100 in Books) #24 in Religion & Spirituality > New Age & Spirituality > Angels & Spirit Guides #171 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #228 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

Janet L. Hopson is a full-time science writer who has written or co-authored nine books, including two popular nonfiction books on human pheromones and human brain development, and six textbooks on general biology for college and high school students. She teaches science writing at San Francisco State University and University of California Santa Cruz. She holds B.A. and M.A. degrees from Southern Illinois University and the University of Missouri. She has won awards for magazine writing, and her articles have appeared in Smithsonian, Psychology Today, Science Digest, Science News, Outside, and others. Dr. Rebecca J. Donatelle is an Associate Professor of Health Promotion and Behavior Coordinator of the Public Health Promotion and Education Programs in the College of Health and Human Sciences at Oregon State University. She has a Ph.D. in Community Health/Health Education, a Master of Science degree in Health Education, and a Bachelor of Science degree with majors in both Health/Physical Education and English. She is also a Certified Health Education Specialist. She teaches courses in Health Behaviors, Infectious Diseases, Chronic Disease Prevention and Control, and Violence and Public Health, and has taught thousands of students in health-related fields over the years. As a researcher and behavioral scientist with an emphasis on intervention science, much of her work has focused on women's health and the health of elderly populations. Her research has been published in numerous journals, and she has been a guest speaker and presenter at professional conferences throughout the country. Dr. Donatelle is also the author of the highly successful introductory health textbooks *Access to Health* and *Health: The Basics*, published by Benjamin

Cummings. Dr. Tanya R. Littrell is a full-time faculty member in Fitness Technology and Physical Education at Portland Community College in Portland, Oregon. Dr. Littrell worked as a fitness director for many years before attending graduate school at Oregon State University, where she earned both a master's degree in Human Performance/Exercise Physiology and a doctoral degree in Exercise Science/Exercise Physiology. Dr. Littrell has been teaching lifetime fitness classes for undergraduates since 1998.

Great book, bought for College class and it served its purpose very well. This book does have tear our pages so if buying used I would make sure to check the ENTIRE book just in case. This was NOT an issue for me at all, just wanted to let the masses know just in case. It is very easily to read and has a lot of very useful information in it that can be referenced later after its classroom life is over.

Of all the digital textbooks I have on my Kindle, this is by far my favorite. It has a bunch of super helpful features, like letting you make notecards, take notes, highlight things, you can highlight the text and copy it or search it either in the Webster's dictionary or in Google. Obviously these are really helpful, but they're kind of a hassle because you have to switch between tabs, so I find it easier to just make Quizlet flashcards, especially because you can really study those. I appreciate the tools that are provided and the text is great. The definitions on every page are grouped in a box on the side so it's easier to take notes and you don't have to search for it. The greatest etextbook I've had yet.

great book

Finishing up some classes on my degree, I had to get this book for class. It is written towards the young college student just coming fresh from their parent's house. However, they only use them in examples on the side to get the point across from the chapter. It is written in an easy to read format and doesn't gloss me over with overly dry wording. I have been very happy with it and the information included. There are chapters with full color pictures of workouts to use and would help anyone wanting to start a workout plan, start one. It is very complete, from stretching, exercise and nutrition. I was glad I purchased it, in order to go back and reference it later.

quick shipping, love the product!

This was a required text book for my heath and p.e. class. It has good information in it and can help you get fit through diet and exercise planning. It also covers some mental heath issues. All of the worksheets are available online for free as well which is nice since some used books are missing these. It is very much a text book in that it is written more for the classroom than for personal use, but it is a good book anyway.

I used this book as a means of obtaining information appropriate for my Wellness & Fitness course and it served its purpose well. I easily found all of the information needed to progress in the course, in an easy, well organized and dare I say, fun manner.

Book came in 2 days as promised. Very good condition. No missing pages!!! I'm very happy.

[Download to continue reading...](#)

Get Fit, Stay Well! (3rd Edition) Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Get Fit, Stay Fit Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit Now for High School Sports) Healthy at Home: Get Well and Stay Well Without Prescriptions The Awesome Guide to Life: Get Fit, Get Laid, Get Your Sh\*t Together Get Well Soon! Activity & Puzzle Book for Men: Crosswords, Word Finds, Sudoku, Inspirational Quotes Puzzles, Fun Quizzes, Jokes and Trivia (Get Well Soon Adult Activity Books) (Volume 1) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Extreme Weight Loss: Hypnosis and Affirmations Bundle to Lose Weight Fast, Get Motivated and Stay Fit for Life Cook Well, Stay Well with Parkinson's Disease - Super Foods for Super People with Parkinson's How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship Too Good to Leave, Too Bad to Stay: Decide Whether to Stay In or Get Out of Your Relationship Fearlessly Fit at Home: Your Personal Guide to Getting Fit Summer Fit, Seventh - Eighth Grade (Summer Fit Activities) 7 Secrets a Fit Mama Used to Lose the Baby Weight: Things you need to know that "they" don't tell you (Fit Mamas Rock Book Series 1) Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Loose Leaf Edition Fit & Well Alternate Edition: Core Concepts and Labs in Physical Fitness and Wellness Stay Fit for Life: More than 60 Exercises to Restore Your Strength and Future-Proof Your Body Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy

Contact Us

DMCA

Privacy

FAQ & Help