



## Get Fit, Stay Well! (Paperback)

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

Pearson Education (US), United States, 2014. Paperback. Condition: New. 3rd edition. Language: English . Brand New Book. 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...

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