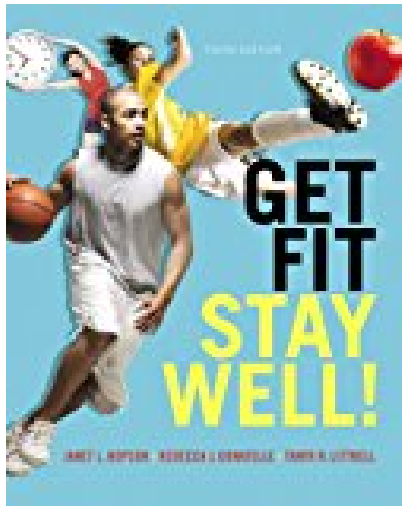


# Get Fit Stay Well! 3rd Edition

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## BOOK DETAILS

- Author : Janet L. Hopson
- Pages : 512 Pages
- Publisher : Pearson
- Language : English
- ISBN : 0321933958

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## BOOK SYNOPSIS

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. 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: 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.

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