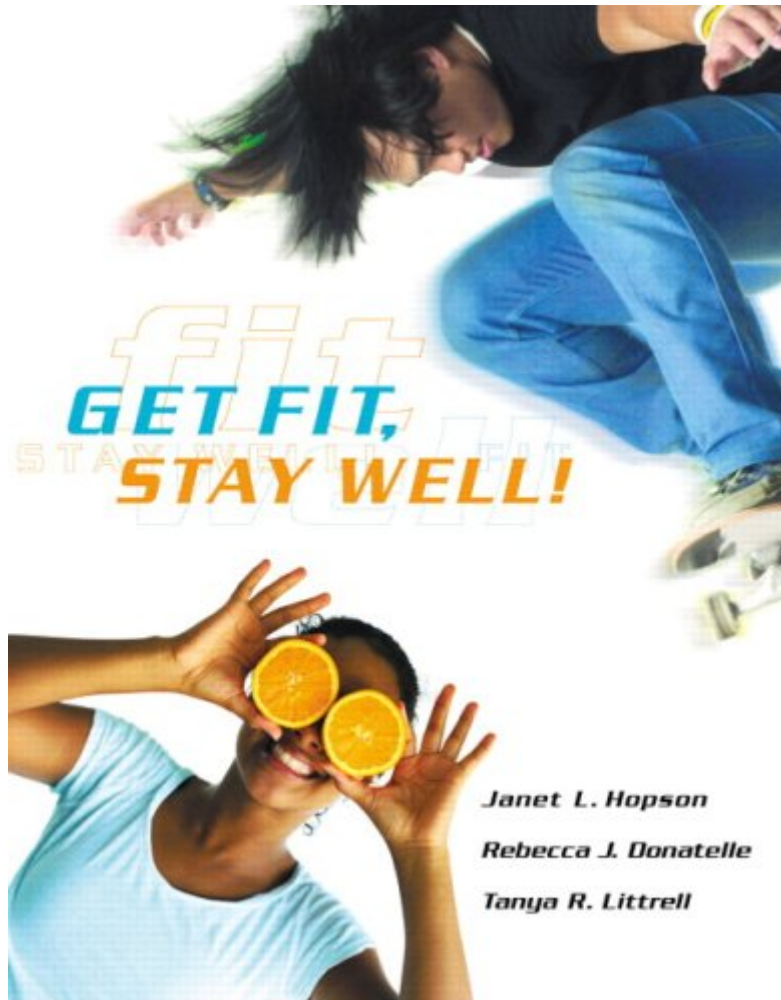


Get Fit, Stay Well! PDF



Janet L. Hopson

Rebecca J. Donatelle

Tanya R. Littrell



Download



Read Online

Get Fit, Stay Well! by Janet L. Hopson, Rebecca J. Donatelle, Tanya R. Littrell ISBN 0805379142

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.

Get Fit, Stay Well! Review

This Get Fit, Stay Well! book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Get Fit, Stay Well! without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Get Fit, Stay Well! can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Get Fit, Stay Well! having great arrangement in word and layout, so you will not really feel uninterested in reading.