

Get Fit Stay Well Edition

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Janet L. Hopson Janet L. Hopson

for courses in fitness and wellness helping individuals find the path to lifelong fitness get fit stay well gives individuals the targeted personalized guidance they need to get started keep motivated and approach the next level in their own fitness and wellness with dynamic media and content that activates learning get fit stay well takes a personalized approach to fitness and wellness that readers can apply for life maintaining the highly praised hallmarks of previous editions integrated case studies three pronged labs graphics rich design and extensive strength training and flexibility photos and videos the 4th edition further engages individuals with new and vibrant infographics programs activities to inspire thinking and discussion get fit stay well also includes mastering health giving readers the tools they need to adopt healthy habits today and tomorrow also available with mastering health mastering health is an online homework tutorial and assessment program designed to work with this text to engage students and improve results interactive self paced tutorials provide individualized coaching to help students stay on track with a wide range of activities available students can actively learn understand and retain even the most difficult concepts note you are purchasing a standalone product mastering health does not come packaged with this content students if interested in purchasing this title with mastering health ask your instructor for the correct package isbn and course id instructors contact your pearson representative for more information if you would like to purchase both the physical text and mastering health search for 0134383893 9780134383897 get fit stay well plus mastering health with etext access card package package consists of 013439206x 9780134392066 get fit stay well 0134439856 9780134439853 mastering health with pearson etext valuepack access card for get fit stay well

learn how to take control of your own well being you ll find both the motivation and scientific knowledge you need to develop your own personal plan for healthy living and to make physical activity an integral part of that plan you ll also explore the roles of stress management sleep and nutrition in achieving your goals

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keep motivated and approach the next level in their own fitness and wellness with dynamic media and content that activates learning get fit stay well takes a personalized approach to fitness and wellness that students can apply for life maintaining the highly praised hallmarks of previous editions integrated case studies three pronged labs graphics rich design and extensive strength training and flexibility photos and videos the 4th edition further engages students with new and vibrant infographics programs and activities to inspire thinking and discussion get fit stay well also includes mastering tm health helping instructors track and assess student progress while giving students the tools they need to adopt healthy habits today and tomorrow the brief edition contains chapters 1 10 of the full edition of get fit stay well with a focus on fitness topics nutrition weight stress and preventing cardiovascular disease

discover the ultimate guide to a healthier happier you are you tired of endless diets and fleeting fitness fads that promise the world but leave you feeling defeated it s time to embark on a transformative journey towards a better you and get fit get healthy get happy is your compass to that brighter future unlock the power of mind body harmony in this captivating book you ll delve deep into the profound connection between your mind and body learn how to harness this connection to not only shed those extra pounds but also elevate your overall well being say goodbye to stress induced binging and emotional eating and embrace a newfound sense of balance master nutrition s secrets bid adieu to confusing diet trends and calorie counting madness our expert guide breaks down the fundamentals of nutrition empowering you to make smart food choices without feeling deprived discover how to plan satisfying meals and control portions effortlessly embrace the joy of exercise exercise should never be a chore get fit get healthy get happy helps you find the exercise routine that ignites your passion whether you re into heart pumping cardio empowering strength training or the serenity of yoga you ll learn how to make fitness a joyful habit not a burdensome task prioritize mindfulness and mental health true health extends beyond the physical uncover stress reduction techniques that will soothe your soul and rejuvenate your spirit we ll show you how to get the restful sleep you deserve and guide you towards achieving the mental clarity you need to thrive overcome challenges stay on track plateaus and setbacks are a part of every journey but they won t define yours discover strategies to overcome obstacles and build an unshakable foundation of support and accountability sustain health and happiness your transformation is not just about reaching a goal it s about maintaining a vibrant healthy lifestyle for life learn how to sustain the newfound health and happiness you ve cultivated celebrating your achievements along the way are you ready to take control of your life and

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masteringhealth is an online homework tutorial and assessment product designed to improve results by helping you quickly master concepts you'll benefit from self-paced tutorials that feature immediate wrong answer feedback and hints that emulate the office hour experience to help keep you 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 you through the toughest fitness and wellness topics engaging tools help you 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 you 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 encourage behavior change labs case studies and new tips for making healthy changes helps you learn what they need to do to become fit and well for life keep students motivated new getfitgraphics and reflection questions in the labs keeps you on track

no longer does the sedentary worker have to suffer from tingling or aching hands neck or back pain headaches or fatigue that can be so debilitating the author details in this book the many variables that must be considered so that workers who sit for many hours a day can function effectively in a supportive and healthy work environment dr donkin discusses all the possible physical ailments and conditions that can arise from poor working conditions and then offers ways to cure or prevent them

for the fitness wellness course motivate students to get fit and stay well for life get fit stay well gives you the targeted personalized guidance you 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 you can apply to 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 you by including vibrant getfitgraphic infographics to inspire thinking and discussion qr codes in the book allows you to easily access exercise videos and fitness programs right on their smartphones instructors can track and assess your 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 you quickly master concepts you'll benefit from self-paced tutorials that feature

immediate wrong answer feedback and hints that emulate the office hour experience to help keep you on track and prepared for lecture the brief edition contains chapters 1-10 of the full edition of get fit stay well with a focus on fitness topics nutrition weight stress and preventing cardiovascular disease 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 you through the toughest fitness and wellness topics engaging tools help you 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 you 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 encourage behavior change labs case studies and new tips for making healthy changes helps you learn what they need to do to become fit and well for life keep students motivated new getfitgraphics and reflection questions in the labs keeps you 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 0321944445 isbn 13 9780321944443 that package includes isbn 10 032194917x isbn 13 9780321949172 and isbn 10 0321957393 isbn 13 9780321957399 mastering is not a self paced technology and should only be purchased when required by an instructor

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this comprehensive text explains how health fitness psychology has emerged from other parent disciplines to be addressed in numerous exercise fitness and health settings allowing both current and future professionals to assist their patients or clients in adopting healthier lifestyles

from the renowned expert behind the bestselling body gospel fitness dvds comes witness to fitness the first program to combine faith food and fitness a unique plan for getting in shape that harnesses the strength and support found in god s love donna richardson joyner s joy in her christian faith is contagious so is her belief that losing weight and taking care of your body means giving glory to god in witness to fitness she inspires you to follow her on a unique 28 day journey to good health and a deeper love of god using faith to empower change each day in her dynamic plan includes an inspiring scriptural quote a personal testimony a menu with delicious recipes four color photographs demonstrating a particular workout and an inspirational song suggestion that adds the right beat to keep you moving

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in his book how to stay healthy fit for life author and fitness expert steve michael explains how the american diet and life style contribute to the alarming state of unhealthiness in our country and reveals the simple diet and exercise regimen that keeps him at age 72 as fit as a twenty five year old

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students motivated new getfitgraphics and reflection questions in the labs keeps you on track

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