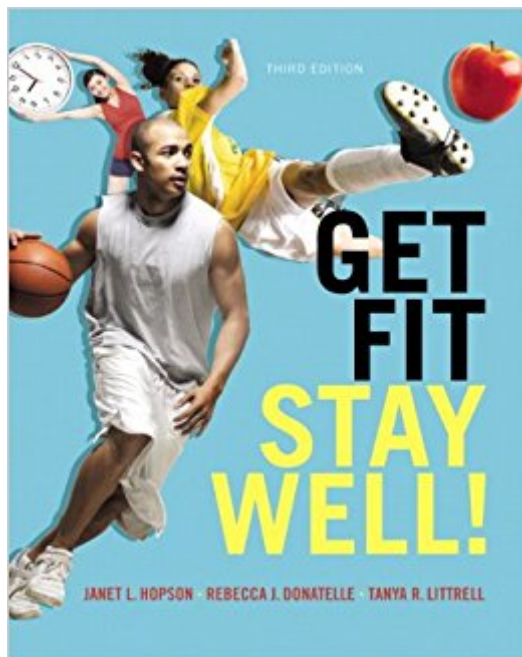


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Get Fit, Stay Well! (3rd Edition)



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.

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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 health 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 health 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.

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