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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

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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

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 and 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

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

applied health fitness psychology considers behavioral issues regarding exercise and nutrition using a research to practice approach this comprehensive text explains how health fitness psychology has emerged from other parent disciplines to become a wide ranging discipline that can be addressed in various exercise fitness and health settings allowing both current and future professionals to assist their patients or clients in adopting healthier lifestyles applied health fitness psychology uses contributions from sport and exercise psychology counseling and clinical psychology exercise science sports medicine and behavioral medicine to provide a scientific basis for presenting strategies for behavior change unique to this text is a critical consideration of cultural spiritual and religious components as a factor in initiating and maintaining exercise behavior the evidence based approach will help readers use techniques and interventions that promote positive changes among various populations students will grasp the scope of this emerging field by studying the following topics the theoretical foundation of health behavior change and motivational theories physical cognitive and motivational obstacles to adopting a healthy lifestyle use of cognitive and behavioral strategies and interventions to promote exercise adherence set goals and improve fitness and exercise performance steps that will help students become professionals in health fitness psychology considerations in working with special populations such as older adults pregnant women individuals recovering from injuries and individuals with chronic conditions or dysfunctional eating behaviors chapter objectives at the start and a summary review of key concepts and student activity at the end of each chapter help students and instructors stay focused on understanding the main concepts and putting this information into practice highlight boxes tables and figures throughout the book keep readers engaged with the material from research to real world sidebars show students how the information in the text can be used in multiple professions and illustrate the many applications for health fitness psychology in today s society for instructors applied health fitness psychology includes online access to a presentation package and test package while modifying a person s or a culture s disdain for exercise will not happen quickly applied health fitness psychology equips aspiring and practicing professionals working in a variety of health fitness and allied health fields with strategies to help people make the shift to more active and healthy lifestyles earn continuing education credits units a continuing education course and exam that uses this book is also available it may

be purchased separately or as part of a package that includes all the course materials and exam

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 theyoughtto 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

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

get fit stay well brief edition offers one of the most modern student focused flexible and technology enhanced approaches to fitness and wellness available today it is the only fitness and wellness textbook 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 students bridge the gap between what they know they ought to do and how they actually act the powerful supplements package provides a comprehensive suite of classroom presentation tools additional lab activities and unsurpassed resources for

those teaching online or hybrid classes including audio visual lectures online quizzes lab worksheets 80 exercise videos and an e book the brief edition contains chapters 1 11 of the full edition of get fit stay well with a focus on fitness topics nutrition weight stress and preventing cardiovascular disease

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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

this text provides a balanced approach to wellness with equal coverage of physical fitness and personal health topics it reflects a wellness approach considering how we can be well spiritually mentally and physically

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

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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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