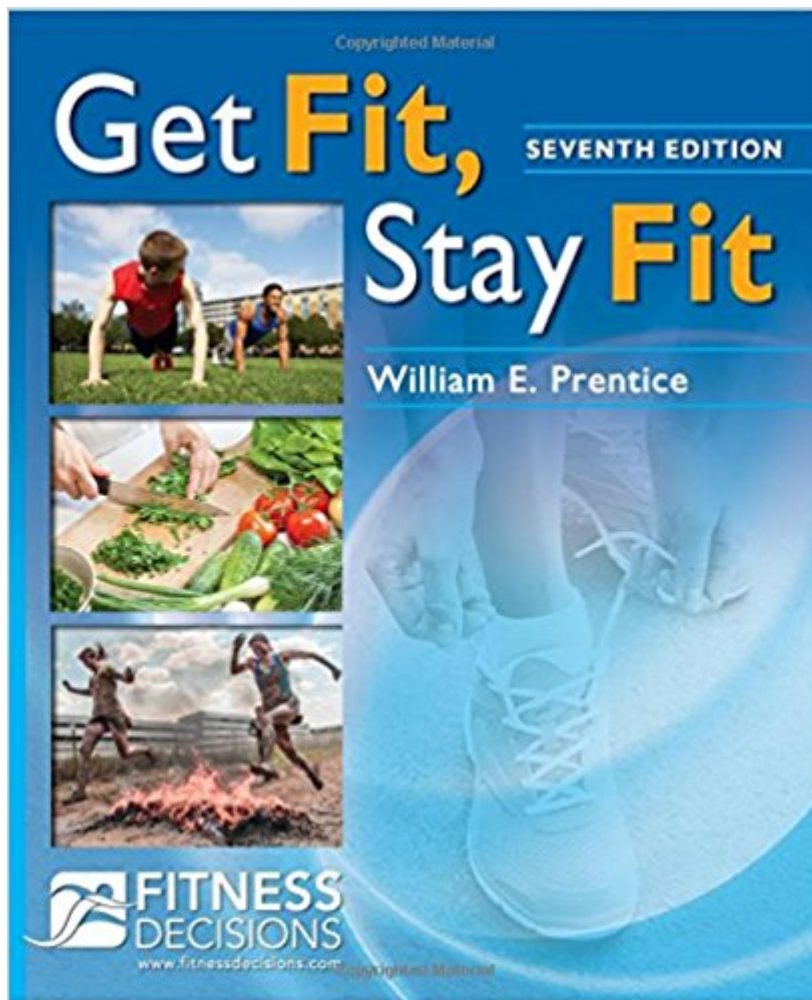


The book was found

# Get Fit, Stay Fit



## Synopsis

Develop your own PERSONAL fitness & WELLNESS program! Learn how to take control of your own well-being. Get Fit, Stay Fit, 7th Edition and FitnessDecisions.com work together to show you how to create a complete fitness and wellness program you can follow from beginning to end or refer to whenever you need expert advice. 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. Get Fit, Stay Fit, 7th Edition Now in full color, the 7th Edition of this popular text introduces you to the diverse range of physical fitness activities that can become a part of healthy living at any level of ability. FitnessDecisions.com This immersive, multi-media, online learning platform lets you develop your own personal fitness and wellness program independently or as part of a class. It offers activities and exercise to guide you every step of the way, along with full-color videos that demonstrate every exercise in the text. An access code inside new, printed texts unlocks FitnessDecisions.com for you.

## Book Information

Paperback: 352 pages

Publisher: F.A. Davis Company; 7 edition (November 3, 2015)

Language: English

ISBN-10: 0803644647

ISBN-13: 978-0803644649

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #26,388 in Books (See Top 100 in Books) #21 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #27 in Books > Medical Books > Medicine > Sports Medicine #342 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

Needed for a college class.

It was the correct book for my class.

[Download to continue reading...](#)

Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Get Fit, Stay Fit  
Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit  
Now for High School Sports) The Awesome Guide to Life: Get Fit, Get Laid, Get Your Sh\*t Together  
Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1)  
Extreme Weight Loss: Hypnosis and Affirmations Bundle to Lose Weight Fast, Get Motivated and  
Stay Fit for Life Get Fit, Stay Well! (3rd Edition) Too Good to Leave, Too Bad to Stay: A  
Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship Too  
Good to Leave, Too Bad to Stay: Decide Whether to Stay In or Get Out of Your Relationship Travel  
Hack Your Way Through Quebec City, Canada: Fly Free, Get Best Room Prices, Save on Auto  
Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Szczecin, Poland: Fly  
Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack  
Your Way Through Bordeaux, France: Fly Free, Get Best Room Prices, Save on Auto Rentals &  
Get The Most Out of Your Stay Travel Hack Your Way Through Frankfurt, Germany: Fly Free, Get  
Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way  
Through Seville, Spain: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out  
of Your Stay Travel Hack Your Way Through Madagascar: Fly Free, Get Best Room Prices, Save  
on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Andorra: Fly  
Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack  
Your Way Through Tunisia: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most  
Out of Your Stay Travel Hack Your Way Through Fiji: Fly Free, Get Best Room Prices, Save on  
Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Federated States of  
Micronesia: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your  
Stay Travel Hack Your Way Through New Caledonia: Fly Free, Get Best Room Prices, Save on  
Auto Rentals & Get The Most Out of Your Stay

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)