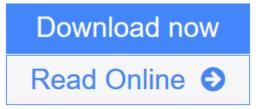
# Get Fit, Stay Well! Brief Edition

Janet L. Hopson, Rebecca J. Donatelle, Tanya R. Littrell



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Get Fit, Stay Well! Brief Edition Janet L. Hopson, Rebecca J. Donatelle, Tanya R. Littrell *For courses in Fitness and Wellness*. Helping Readers Find the Path to Lifelong Fitness *Get Fit, Stay Well!* gives readers 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 individuals 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 readers with new and vibrant infographics, programs, and activities to inspire thinking and discussion. *Get Fit, Stay Well!* also includes Mastering(TM) Health--giving readers 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.

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