

Fit To Be Well Essential Concepts By Alton L Thygerson

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Fit to Be Well: Essential Concepts, Fourth Edition provides simple, workable approaches to achieving overall health and fitness, which can be easily integrated into a student's lifestyle and schedule. It's content is organized in a succinct, easy-to-navigate manner that will help students become more aware of each aspect of a physically fit lifestyle. Using a wealth of special features and online learning tools, the text encourages students to improve their eating habits by incorporating healthier foods into their diet, increase their level of physical activity, keep their body composition and weight at a healthy level, increase their self-esteem, and reduce stress. An integrated lab manual, found at the end of the text, helps students build and implement a fitness program that will work with their individual needs and schedules.

The fifth edition of Fit to Be Well: Essential Concepts provides students with the tools they need to reach the goal of good health and fitness by delving into exercise, proper nutrition, and stress management. Its content is organized in a succinct, easy-to-navigate manner that allows students to become more aware of each aspect of a physically fit lifestyle. Using a wealth of special features and online learning tools, the text encourages students to improve their eating habits by incorporating healthier foods into their diet, increasing their level of physical activity, keeping their body composition and weight at a healthy level, increasing their self-esteem, and reducing stress. An integrated lab manual, found at the end of the text, helps students build and implement a fitness program that will work with their individual needs and schedules.

This text aims to increase student awareness of each aspect of a physically fit lifestyle and provides information for healthy behavioral change. Fit to be Well: Essential Concepts offers simple, workable approaches for being healthy and fit that can easily be added into the lifestyle and schedule of a student. Throughout each chapter there are easy to follow guidelines for: Modifying lifestyle behaviors, Increasing self-esteem and creating a more positive self-image, Eating a balanced and nutritional diet, Keeping body composition and weight at a healthy level, Improving physical endurance, strength, and flexibility, and Managing stress. By adding self-assessments and related labs to each of the chapters, this text becomes an interactive guide to building and implementing a fitness program that will work with individual needs and schedules.

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The fifth edition of Fit to Be Well: Essential Concepts provides students with the tools they need to reach the goal of good health and fitness by delving into exercise, proper nutrition, and stress management. Its content is organized in a succinct, easy-to-navigate manner that allows students to become more aware of each aspect of a physically fit lifestyle. Using a wealth of special features and online learning tools, the text encourages students to improve their eating habits by incorporating healthier foods into their diet, increasing their level of physical activity, keeping their body composition and weight at a healthy level, increasing their self-esteem, and reducing stress. An integrated lab manual, found at the end of the text, helps students build and implement a fitness program that will work with their individual needs and schedules.

A Companion Website is available to accompany the text Fit to Be Well: Essential Concepts, Third Edition. Online access to the Companion Website may be purchased separately by adding this product to the shopping cart. Please note: An online Access Code is included with each NEW copy of text Fit to Be Well: Essential Concepts, Third Edition at no additional cost. The textbook and Access Code may be purchased here. Redeem your AccessCode today and get instant access to: Interactive Flashcards Crossword Puzzles Interactive Glossary Practice Quizzes Web Links

Presents postures and total body sequences, offers breathing and meditation techniques, provides advice on finding the right style of yoga and shares a nutrition plan centered around clean, calming foods.

Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of Women's Health to offer a comprehensive, authoritative manual on this proven fitness philosophy. Trained by Joseph Pilates' prot é g é , Romana Kryzanowska, Brooke is an unparalleled expert and one of the most sought after teachers for her signature body re-shaping techniques. Combining the best of flexibility and strength training, Pilates is the path to the lean fit body every woman craves—and The Women 's Health Big Book of Pilates guides readers in every step (and leg lift ...) of the way. Using the body as the ultimate fitness vehicle, Pilates transforms bodies in record time. From moves targeting trouble zones to cardio circuits that blast fat all over, this go-to manual covers everything including: Tricks to incorporate Pilates at work, in travel, and daily routine What props best boost your workout and what to skip Pilates principles to help combat lower back pain, stress, low energy, and more! From basic mat moves to the right foods that fuel a lean, toned figure, The Women's Health Big Book of Pilates is the go-to guide for beginners and experts alike.

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