



Get Fit - Stay Fit

William Prentice

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This brief, user-friendly text is designed for students with little or no background in developing a personal fitness program. Topics covered in *Get Fit, Stay Fit* include principles of cardiorespiratory fitness, muscular strength and endurance, flexibility, limiting body fat, and nutrition. Key points have been emphasized to explain why certain aspects of physical fitness should be important to individuals, and how to become an informed consumer of physical fitness equipment and services.

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