



# Get Fit, Stay Well! Books a la Carte Edition (3rd Edition)

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

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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.

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- **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.
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