

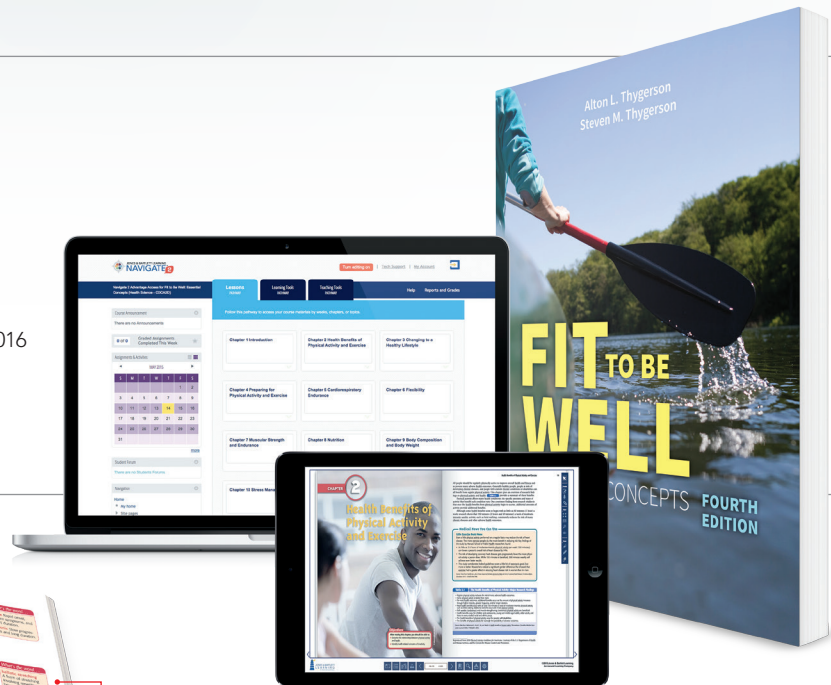
Why You Should Adopt

Fit to Be Well

FOURTH EDITION

Includes Navigate 2 Advantage Access

- ✓ **Option 1:** Paperback with Navigate 2 Advantage Access
ISBN-13: 978-1-284-04242-9 • 440 pages • © 2016
- ✓ **Option 2:** Navigate 2 Advantage Access Only
ISBN-13: 978-1-284-06818-4
50% off the list price of the printed textbook



Medical News You Can Use

The Inside Track

Tipping Point

What's the Word

Critical Thinking

Knowledge Check

Going Above and Beyond

The Student Experience

Fit to Be Well: Essential Concepts, Fourth Edition provides simple, easy-to-implement approaches to achieving overall health and fitness, which can be efficiently integrated into a student's lifestyle and schedule.

Teaching and Learning Personal Fitness Just Got Easier with Navigate 2 Advantage Access

- ★ **Learn:** A Complete eBook with Interactive Tools and Workbook Exercises that Bring Personal Fitness to Life
- ★ **Practice:** A Virtual Study Center with Robust Practice Activities & Flashcards
- ★ **Assess:** A Homework and Testing Assessment Center with Pre-Populated Quizzes and Examinations (Available to adopting instructors with Course ID)
- ★ **Analyze:** A Dashboard that Reports Actionable Data (Available to adopting instructors with Course ID)

Course Materials

Learning Tools

- Interactive eBook
- Learning Objectives
- Lecture Outlines
- Flashcards
- Practice Activities
- Weblinks
- Workbook Exercises
- Key Image Review

Teaching Tools (available with Course ID)

- Chapter Outlines
- Instructor Manuals
- Lecture Slides in PowerPoint Format
- Discussion Questions
- Test Bank
- Pre-populated Quizzes and Exams with Automatic Grading
- Sample Syllabus
- Hassle-free Gradebook
- Course Management Tools
- Transition Guide

eBook Resources

Chapter	Title	Knowledge Check Questions (ungraded)	eBook Quiz Questions (graded)	Web Links	Workbook Exercises
1	Introduction	8	10	7	1
2	Health Benefits of Physical Activity and Exercise	8	10	3	0
3	Changing to a Healthy Lifestyle	15	10	4	2
4	Preparing for Physical Activity and Exercise	11	10	9	3
5	Cardiorespiratory Endurance	20	10	8	3
6	Flexibility	14	10	4	3
7	Muscular Strength and Endurance	18	10	5	3
8	Nutrition	20	10	14	4
9	Body Composition and Body Weight	15	10	16	3
10	Stress Management	14	10	7	4
11	Making Informed Decisions	11	10	9	4

Technical Support Services

- Call toll free: 1-800-832-0034, Option 5
- Email: externaltechsupport@jblearning.com
- Report an issue at go.jblearning.com/Nav2Help
- Help documents and tutorials at www.jblnavigate.com/support