



## Get Fit - Stay Fit

By 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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## **Editorial Review**

### About the Author

Dr. William Prentice is Professor of Exercise and Sport Science and Coordinator of the Sports Medicine Program at the University of North Carolina at Chapel Hill, where he also serves as the Director of the NATA approved Graduate Athletic Training Education Program. He received his BS and MS from the University of Delaware and his Ph.D. in Sports Medicine and Applied Physiology from the University of Virginia. He also has a BS in Physical Therapy from the University of North Carolina. He is a Certified Member of the National Athletic Trainers' Association and has received the Sayers A. "Bud" Miller Distinguished Athletic Trainer Educator Award and the Most Distinguished Athletic Trainer Award from the NATA. In 2004 he was inducted into the NATA Hall of Fame. Dr. Prentice served as the Athletic Trainer for the Women's Soccer Program, which has won eighteen NCAA National Championships. He teaches graduate courses in sports medicine and athletic training. Dr. Prentice is the author of nine best-selling texts in athletic training, sports medicine, and health-related fitness.

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