

## Preface

*Wellness: Concepts and Applications* assumes that health is not a destination but a journey. Wellness is not a static condition, but a continual balancing of the different dimensions of human needs – spiritual, social, emotional, intellectual, physical, occupational, and environmental. Because each of us is responsible for our own growth in these areas, this edition continues to strive to emphasize the importance of self-responsibility. And because we know that knowledge alone stimulates change for very few people, the reader will be challenged to be actively involved in the learning process by constantly assessing how the information presented affects lifestyle from a personal perspective.

*Wellness: Concepts and Applications* is neither a fitness book, nor a personal health text. Instead, this text is designed to help students gain knowledge and understanding in a variety of areas, with the goal of taking that information and using it to make behavioral changes that will have a positive impact on their lives. In many cases these changes are necessary if people are to develop the skills, attitudes, beliefs, and habits that will ultimately result in the highest possible level of health and wellness.

### Audience

When the fitness and wellness concept appears in university courses and programs, it is usually a scaled-down model of the traditional personal health course or an upscale version of physical fitness courses. In some cases, it is a hybrid of personal health and fitness courses, with emphasis on self-participation in the medical marketplace.

*Wellness: Concepts and Applications* is a hybrid because the physical components of wellness are blended with its many other components. The primary objectives of this text are to present cognitive health and wellness information appropriate for today's college students and to offer suggestions for their application. These suggestions relate to lifestyle behaviors over which people can exert some control. The emphasis is on self-responsibility, and this theme is implemented through a strong self-analysis and assessment component.

### Approach

Important features unique to *Wellness: Concepts and Applications* distinguish it from other texts.

*Balanced approach:* Unlike other approaches that emphasize only physical fitness as a route to wellness, *Wellness: Concepts and Applications* provides a balanced presentation of the health benefits of exercise, diet, and cardiovascular wellness, along with the management of lifestyle change and consumer responsibility to achieve lifetime wellness.

*Complete lifestyle decision-making information:* Along with Goals for Behavior Change, Real-World Wellness boxes, Wellness on the Web Behavior Change Activities, and Assessment Activities that help apply the content, coverage of substance use, sexually transmitted diseases, cancer, and chronic health conditions is provided to enable and encourage responsible student decision-making.

*Consumer-oriented:* Chapter 15, “Becoming a Responsible Health-Care Consumer,” offers information to help students become wise consumers.

*Interdisciplinary author team:* Two health educators and a fitness educator currently teaching wellness courses have combined their expertise to provide the most balanced presentation possible.

*Full-color:* A full-color format is used in the photographs, line drawings, and design of the text to increase visual appeal and to enhance the teaching-learning process.

## **Highlights of This Edition**

Every chapter of *Wellness: Concepts and Applications* has been carefully updated. New tables, figures, and issues found in this edition are highlighted here.

### **NEW PHOTOGRAPHS**

The fresh, updated look of the many new photographs in this new edition offer a detailed look at the many exercises and assessments described in the text. The new photographs also reflect the diversity of college students of all ages.

### **ONLINE LEARNING CENTER**

In every chapter, the chapter-opening page contains an Online Learning Center box directing the reader to additional online information and study resources for that chapter.

### **WELLNESS ON THE WEB BEHAVIOR CHANGE ACTIVITIES**

The text includes activities in every chapter that take students to online quizzes, questions, and self-assessment activities. This feature has been completely revised from the previous edition, with the reader being directed to the Online Learning Center at [www.mhhe.com/anspaugh5e](http://www.mhhe.com/anspaugh5e) to complete the activities. This ensures that the links will be active when the reader tries to access them.

### **HEALTHQUEST ACTIVITIES**

The HealthQuest CD-ROM that accompanies each new copy of *Wellness: Concepts and Applications* contains many useful health and wellness self-assessments. HealthQuest Activities have been incorporated throughout the text.

### **JUST THE FACTS**

Special material in newly-written Just the Facts boxes encourages students to delve into a particular topic or closely examine an important health issue.

### **WELLNESS ACROSS THE GENERATIONS**

New content appears in the Wellness Across the Generations feature throughout the textbook.

### **NEW OR EXPANDED TOPICS**

We are committed to making this textbook the most up-to-date wellness text available. Following is a sampling of topics that are either completely new to this edition or are covered in greater depth than in the previous edition:

### *Chapter 1: Wellness and Fitness for Life*

- New and updated figures and tables.
- New information on a 17-year study performed and how it relates to the social aspect of wellness.
- New information on a study performed and how it relates to the emotional aspect of wellness.
- New information on Leading Health Indicators (LHIs) as identified in the landmark document *Healthy People 2010*.
- New Just the Facts box on Eliminating Health Disparities.
- New Wellness Across the Generations box on Tips for Staying Physically Active.

### *Chapter 2: Preventing Cardiovascular Disease*

- New and updated figures and tables.
- Updated information from *Healthy People 2010*.
- New Just the Facts box on detecting and lowering high cholesterol.
- New section on High Sensitivity C-Reactive Protein (hs-CRP).

### *Chapter 3: Increasing Cardiorespiratory Endurance*

- New and updated figures and tables.
- New definition on physical fitness, physical activity, and exercise as defined by the American College of Sports Medicine (ACSM).
- Updated formula for calculating the target zone for exercise.
- Information on the “Talk Test”.
- Explanation of the FIT Principle as a means to remember the first three principles of exercise.

### *Chapter 4: Building Muscular Strength and Endurance*

- New and updated figures and tables.
- Revised Just the Facts box on Muscle Fiber Types.
- New content on the preferred order of exercise associated with resistance training.
- Additional information on creatine.

### *Chapter 5: Improving Flexibility*

- New and updated figures and tables.
- Completely new Wellness on the Web Behavior Change Activities box.

### *Chapter 6: Forming a Plan for Good Nutrition*

- New and updated figures and tables.
- New Just the Facts box on Unscrambling Nutrition Acronyms.
- Information on macronutrients vs. micronutrients.
- New information on the trace mineral selenium.
- New Just the Facts box called Bottled Water Comes with Many Names.
- New Just the Facts box on Functional Foods.
- Updated information on insoluble fiber as a protectant against colon cancer.

- New Just the Facts box on whole grain foods.
- Inclusion of the *2000 Dietary Guidelines for Americans*.
- New sections on aiming for a healthy weight, and being physically active every day.
- New Just the Facts box on using variety when choosing foods.
- New section on keeping food safe to eat.
- New Just the Facts box on food borne illness.
- New section on sugar intake, glycemic index, and diabetes mellitus.
- New Just the Facts box called Glycemic Index (GI).
- Inclusion of the ten FDA approved health claims that link foods to diseases.

#### *Chapter 7: Understanding Body Composition*

- New and updated figures and tables.
- New guidelines from the ACSM on taking skinfold measurements.
- New information on air-displacement plethysmography.

#### *Chapter 8: Achieving a Healthy Weight*

- New and updated figures and tables.
- New Just the Facts box on waist size.
- New Just the Facts box called Can You Be Fat and Fit?
- New Just the Facts box on adult obesity.
- Rewritten section on heredity.
- New Just the Facts box on viral infections and obesity.
- New Just the Facts box on body shape.
- New information based on the Surgeon General's report on physical activity and health.
- New information from the National Heart, Lung and Blood Institute on the treatment of obesity.
- New Just the Facts box on yo-yo dieting and toxicity.
- Inclusion of the Mayo Clinic Healthy Weight Pyramid.
- New Just the Facts box on restaurant dining.
- New Just the Facts box on solid calories vs. liquid calories.
- New sections on low carbohydrate diets and novelty diets.
- New section on diet supplements and herbal remedies.
- New section on eating disorders and disordered eating.
- New section on the female athlete triad.
- Revised basic principles of weight maintenance and loss.
- New Just the Facts box on calories.

#### *Chapter 9: Coping with and Managing Stress*

- New and updated figures and tables.
- New section called Attitude and Stress.
- New section called Gender and Stress.
- New section on time management.

*Chapter 10: Taking Charge of Your Personal Safety*

- New Just the Facts box on terrorism and biological warfare.
- New and updated figures and tables.
- New Real World Wellness box on apartment and dormitory insurance.
- New Just the Facts box on air pollution.
- New Just the Facts box on exercise safety.

*Chapter 11: Taking Responsibility for Drug Use*

- New and updated figures and tables.
- Revised section on binge drinking among college students.
- Guidelines for reducing the risk associated with heavy or binge drinking.
- New sections on Rohyphol, GHB, and Ketamine.

*Chapter 12: Preventing Sexually Transmitted Diseases*

- New and updated figures and tables.
- Revised Wellness Across the Generations box on HIV and AIDS.
- New data on AIDs-related deaths in 2000.

*Chapter 13: Reducing Your Risk of Cancer*

- New and updated figures and tables.
- New data on cancer-related deaths in 2000.
- Revised Just the Facts box on cancer prevention.
- New information on cancer treatment.
- New Just the Facts box on the power of synergy.

*Chapter 14: Managing Common Conditions*

- New and updated figures and tables.
- New Just the Facts box on diabetes in youth.
- Included information in the headache section on experiencing an “aura”.

*Chapter 15: Becoming a Responsible Health Care Consumer*

- New and updated figures and tables.
- Updated section on understanding health information.
- New Just the Facts box called The Making of a Medical Flip-Flop.
- New information on iatrogenic conditions.
- New Just the Facts box on when to visit a doctor.
- New Just the Facts box on polypharmacy problems.
- New information on a study regarding patient-doctor communication.
- New Just the Facts box on fecal occult-blood tests.

**Successful Pedagogical Features**

*Wellness: Concepts and Applications* continues to use a variety of learning aids to enhance student comprehension.

*Goals for Behavior Change:* These are listed at the beginning of each chapter, giving students objectives that help them apply what they learn in the text. They reinforce the concept of self-responsibility on which the text is based.

*Nurturing Your Spirituality:* These boxes cover such topics as living well with cancer, making decisions about sex, and enjoying healthy pleasure, showing students that wellness goes beyond the physical dimension.

*Wellness on the Web:* These are activities that take students to quizzes, questions, and self-assessments on the text's online learning center. Completing these activities will help the students assess their current practices and design a more wellness-oriented lifestyle.

*Wellness Across the Generations:* These boxes address wellness concepts throughout the life span by looking at issues such as childhood origins of heart disease, alcohol and drug use among young women, and strength training for older adults.

*Real World Wellness:* These question-and-answer boxes show students how to put wellness concepts into practice. Helpful tips give students practical advice for initiating behavior change and staying motivated to follow a wellness lifestyle.

*Just the Facts:* Special material in these boxes encourages students to delve into a particular topic or closely examine an important health issue.

*Key Terms:* The most important terms for student retention have been set in boldface type in the text for easy identification.

*Chapter Objectives:* These are introduced at the beginning of each chapter. They help the student identify the chapter's key topics. Accomplishing the objectives indicates fulfillment of the chapter's intent.

*Chapter Summaries:* These identify the main parts of the chapter and reinforce the chapter objectives.

*Review Questions:* Questions are provided to help students review and analyze material for overall understanding.

*References:* Accurate and current documentation is given at the end of the chapters.

*Suggested Readings:* Additional current resources are provided for students to obtain further information.

*Assessment Activities:* Each chapter concludes with at least two Assessment Activities to help students apply the content learned in the chapter to their own decision-making. The text is perforated for easy removal of the Assessment Activities.

*Appendix:* Food Composition Table – More than 1200 common foods and fast foods are analyzed. This comprehensive table will help students complete Assessment Activities in Chapter 6.

*Glossary:* A comprehensive glossary is provided at the end of the text that includes all key terms, as well as additional terms used in the text.

## **Technology: The Key to Teaching and Learning**

Just a quick glance through the pages of *Wellness: Concepts and Applications* will show you that technology is woven through every chapter. Similarly, the ancillary package that accompanies the text emphasizes technology while acknowledging the merit of the printed ancillaries. Together, the text and its ancillaries offer the ideal approach to

teaching and learning – one that integrates the best tools that technology has to offer, challenging both instructors and students to reach higher.

### **Ancillaries**

An extensive ancillary package is available to qualified adopters to enhance the teaching-learning process. We have made a concerted effort to produce supplements of extraordinary utility and quality. This package has been carefully planned and developed to help instructors derive the greatest benefit from the text. We encourage instructors to examine them carefully. Many of the products can be packaged with the text at a discounted price. Beyond the following brief descriptions, additional information about these ancillaries is available from your McGraw-Hill sales representative.

#### **COURSE INTEGRATOR GUIDE**

ISBN 0-07-246168-3

This manual includes all the features of a useful instructor's manual, including learning objectives, suggested lecture outlines, suggested activities, media resources, and web links. It also integrates the text with all the wellness resources McGraw-Hill offers, such as the HealthQuest CD-ROM, the Online Learning Center (OLC), the AIDS booklet, the video clips CD-ROM, and the Health and Human Performance Discipline Page. The guide also includes references to relevant print and broadcast media.

#### **TEST BANK**

ISBN 0-07-253325-0

This printed manual includes more than 1400 questions, including multiple choice, true/false, and short essay. The questions have been entered into the computerized test bank.

#### **COMPUTERIZED TEST BANK**

ISBN 0-07-246171-3

Available on Hybrid CD-ROM for Windows and Macintosh, the latest version of our computerized testing software is available. This allows instructors to custom design their own tests, use the expanded test bank, and add their own testing questions.

#### **OVERHEAD TRANSPARENCY ACETATES**

ISBN 0-07-246167-5

A total of 60 of the text's most important illustrations, diagrams, tables, and charts are available as full-color transparency acetates. These useful tools facilitate learning and classroom discussion and were chosen specifically to help explain difficult concepts. This package is also available to qualified adopters of the text.

#### **ONLINE LEARNING CENTER (OLC)**

[www.mhhe.com/anspaugh5e](http://www.mhhe.com/anspaugh5e)

This website offers resources to students and instructors. It includes downloadable ancillaries, web links, student quizzing, additional information on topics of interest, and much, much more.

Resources for the instructor include:

- Downloadable PowerPoint presentation with annotated lecture notes
- Lecture outlines
- Interactive links
- Links to professional resources

Resources for the student include:

- Flashcards of chapter key terms
- Downloadable PowerPoint presentation
- Interactive activities
- Self-grading quizzes

HEALTHQUEST 4.0 by Bob Gold and Nancy Atkinson

ISBN 0-07-253052-9

HealthQuest 4.0 comes free with new texts and helps students explore the behavioral aspects of wellness through a state-of-the-art interactive CD-ROM. Students will be able to assess their current health and wellness status, determine their health risks, and explore options to improve the behaviors that will impact their health.

IMAGE PRESENTATION CD-ROM

ISBN 0-07-246172-1

The Image Presentation CD-ROM is a bank of images for use in the classroom and in the accompanying PowerPoint presentation. A slide editor tool allows the user to create customized slide shows.

HEALTH AND HUMAN PERFORMANCE DISCIPLINE PAGE

[www.mhhe.com/hhp](http://www.mhhe.com/hhp)

McGraw-Hill's Health and Human Performance Discipline Page provides a wide variety of information for instructors and students – including articles about current issues, articles that celebrate our diversity, text ancillaries, a “how to” guide on technology, study tips, and exam preparation materials. It includes professional organization, convention, and career information, and explains how to become a McGraw-Hill author. Additional features of the Discipline Page include:

- This Just In – Offers information on the latest hot topics, the best web resources, and more.
- Faculty Support – Presents online course supplements such as lecture outlines and PowerPoint presentations, and allows instructors to create their own course website with PageOut.
- Student Success Center – Offers students online study guides and other resources to improve their academic performance. Students can also explore scholarship opportunities and learn how to launch their career.
- Author Arena – Interested in writing a textbook or supplement for the college market? Read the McGraw-Hill proposal guidelines and links to the Editorial and Marketing team, and meet and converse with our current authors.

PAGEOUT: THE COURSE WEBSITE DEVELOPMENT CENTER

[www.pageout.net](http://www.pageout.net)

PageOut enables instructors to develop a website for their course. The site includes:

- A course home page
- An instructor home page
- A syllabus (interactive and customizable, including quizzing, instructor notes, and links to the Online Learning Center)
- Web links
- Discussions (multiple discussion areas per class)
- An online grade book
- Student web pages
- Design templates

This program is now available to registered adopters of McGraw-Hill textbooks. Contact your sales representative for assistance.

#### PRIMIS ONLINE

[www.mhhe.com/primis/online](http://www.mhhe.com/primis/online)

Primis Online is a database-driven publishing system that allows instructors to create content-rich textbooks, lab manuals, or readers for their courses directly from our website. The customized text can be delivered in printed or electronic (eBook) form. A Primis eBook is a digital version of the customized text (sold directly to students as a downloadable file to their computer or accessed online by a password).

#### VIDEO LIBRARY

Choose from the McGraw-Hill videotape library, which contains many quality videotapes, including selected Films for Humanities and all videos from the award-winning series *Healthy Living: Road to Wellness*. Digitized video clips are also available.

#### FOODWISE COLLEGE EDITION

ISBN 0-07-240786-7

Based on the widely tested professional version of FoodWorks, this dietary analysis software has been developed for use in college courses. It offers a variety of functions based on the latest release of the USDA database. It is easy to use and allows the user to add foods to the database. Available for Windows and for networks.

#### FITSOLVE II SOFTWARE

ISBN 0-697-33950-5

This software package enhances learning of wellness concepts by personalizing information and explaining the meaning of results rather than just “grading” students as other programs do. It begins with a coronary heart disease risk questionnaire, followed by input of fitness test scores. Features include score summary, heart attack risk categorization, and health-related fitness status.

#### THE AIDS BOOKLET, by Frank Cox

ISBN 0-697-29428-5

This booklet provides current facts about AIDS and HIV: what it is, how the virus is transmitted, its prevalence among various population groups, symptoms of HIV infection, and strategies for prevention. It also covers the legal, social, medical, and ethical issues related to HIV and AIDS. Ongoing updates are posted to the website at <http://www.mhhe.com/catalogs/sem/hhp/student/updates/aids.mhtml>. This booklet is available for \$1.00 when combined with any McGraw-Hill product to create a package.

TESTWELL by the National Wellness Institute  
ISBN 0-697-21131-2

This is a self-scoring, pencil-and-paper wellness assessment developed by the National Wellness Institute in Stevens Point, Wisconsin, and distributed exclusively by McGraw-Hill Publishers. It adds flexibility to any wellness course by allowing adopters to offer pre-assessments and post-assessments at the beginning, end, or at any time during the course.

DIET AND FITNESS LOG by McGraw-Hill  
ISBN 0-8151-2524-0

This logbook helps students track their diet and exercise programs. It serves as a diary to help students log their behaviors. Each log offers a brief introduction, followed by an evaluation section in which they can assess their improvements and setbacks. It may be packaged with your textbook for an additional \$1.00.

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