



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 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 using that information to make behavior 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 orientation: 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, references, and issues found in this edition are highlighted here.

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/anspaugh6e to complete the activities. This ensures that the links will be active when the reader tries to access them.

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 for a Lifetime

New content appears in the Wellness for a Lifetime features 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 covered in greater depth than in the previous edition:

Chapter 1: *Wellness and Fitness for Life*

- New and updated figures and tables
- New Just the Facts boxes on laughter as medicine, how communities can promote wellness, and selected health disparities by race, ethnicity, level of education, and gender
- Updated statistics on causes of death in the United States

Chapter 2: *Preventing Cardiovascular Disease*

- New and updated figures and tables
- New information regarding coronary heart disease
- New information on the relationship between high resting heart rates and sudden death
- New section on unhealthy lifestyle habit involvement in heart attacks

- New guidelines for the prevention and treatment of high blood pressure
- Information on the DASH diet

Chapter 3: *Increasing Cardiorespiratory Endurance*

- New and updated figures and tables
- New information on the Institute of Medicine's exercise recommendation
- New information on the importance of warming up before exercise

Chapter 4: *Building Muscular Strength and Endurance*

- New and updated figures and tables
- New information on establishing 1RM
- New Wellness for a Lifetime box on resistive training for American youth
- ACSM's revised resistance training guidelines for average healthy adults
- New information on vitamins, ginseng, and chromium
- New sections on co-enzyme Q10 (ubiquinone), conjugated linoleic acid (CLA), androstenedione ("andro"), and human growth hormone (hGH)

Chapter 5: *Improving Flexibility*

- New and updated figures and tables
- Expanded definition of *flexibility*
- New Just the Facts box about neck pain

Chapter 6: *Forming a Plan for Good Nutrition*

- New and updated figures and tables
- New information on low-carb, net carb, and carbohydrate loading
- New information on RDAs, DRIs, and DVs
- New information on enhanced foods
- New dietary recommendations regarding carbohydrate, protein, and fat intake
- New Just the Facts boxes on estimating calorie sources, low carbs vs. net carbs, vitamin D, water intake, enhanced foods, and the Food Guide Pyramid
- Updated nutrient information of selected legumes
- Updated information on trans fat
- New guidelines on water intake
- Updated discussion on dietary fiber
- New discussion on Glycemic Index and Glycemic Load

Chapter 7: *Understanding Body Composition*

- New and updated figures and tables
- Revised Wellness for a Lifetime box about body composition of children and adolescents
- New section on Dual-Energy X-Ray Absorptiometry (DEXA)

Chapter 8: Achieving a Healthy Weight

- New and updated figures and tables
- New Nurturing Your Spirituality box on body image and weight loss
- New Just the Facts boxes on the difference between overweight and obesity, weight maintenance, low-carbohydrate diets, ephedra, cutting back of calories, and walking
- New information on the Framingham Heart Study and obesity studies at Johns Hopkins
- New Nurturing Your Spirituality box titled “Obesity: Nature vs. Nurture”
- New section on portion sizes and volume eating
- Enhanced section on low-carbohydrate diets
- Expanded section on diet drugs
- New information on the National Academy of Sciences recommendations for time spent in physical activity

Chapter 9: Coping with and Managing Stress

- New and updated figures and tables
- Updated information on the autonomic nervous system
- New information on a study involving cancer patients with malignant melanoma
- New Real-World Wellness boxes about sleep and stress reduction and how to use a to-do list
- New section about tai chi
- New section on spirituality

Chapter 10: Taking Charge of Your Personal Safety

- New and updated figures and tables
- New Just the Facts boxes with U.S. crime clock statistics, on post-9/11 safe air travel, and on disasters
- Expanded section on relationship violence
- New section on violence in dating

Chapter 11: Taking Responsibility for Drug Use

- New and updated figures and tables
- New section on what causes addiction
- New Just the Facts boxes on products containing caffeine and 12-step programs
- New section on how to protect oneself from being a victim of club drugs

Chapter 12: Preventing Sexually Transmitted Diseases

- New and updated figures and tables
- New section on the treatment of HIV and AIDS
- New table on drugs approved to treat HIV infections

Chapter 13: Reducing Your Risk for Cancer

- New and updated figures and tables
- New section on antiangiogenesis therapy

- New section on bone marrow and peripheral blood stem cell transplants

Chapter 14: Managing Common Conditions

- New and updated figures and tables
- New section on pre-diabetes
- New section on gestational diabetes
- New Just the Facts box about advances in treating diabetes
- New information on the FDA’s approval of alendronate, raloxifene, and resedronate
- New information on the relationship between asthma and immune malfunction
- New information on the treatment of migraines

Chapter 15: Becoming a Responsible Health Care Consumer

- New and updated figures and tables
- New information on relative and absolute risks
- New guidelines for determining whether information found on the Internet can be trusted
- Additional information on when it is wise to seek health care
- New Real-World Wellness box about when to seek treatment for a fever
- New data on common reasons for hospitalization and average length of stay
- New Just the Facts box on grading hospitals
- Revised tips on patient-physician communication
- New information on pharmacist consultations
- New information on sigmoidoscopy and colonoscopy procedures
- New section on direct-access testing (DAT)

Successful Pedagogical Features

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

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.

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 students assess their current practices and design a more wellness-oriented lifestyle.

Wellness for a Lifetime: These boxes address wellness concepts throughout the life span by looking at issues such as childhood origins of heart disease, alcohol and other 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.

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 decision making. The text is perforated for easy removal of the Assessment Activities.

Appendix: In the Food Composition Table, more than 1,200 common foods and fast foods are analyzed. This comprehensive table helps 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 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.

Supplemental Instructor Materials

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.

Instructor's Resource CD-ROM ISBN 0-07-297271-8

This interactive CD-ROM combines all the elements of the Course Integrator Guide with the electronic instructor resources offered with the text. The resources on the CD-ROM include the Course Integrator Guide, PowerPoint slides, Image Set, downloadable Test Bank, and Computerized Test Bank:

- *Course Integrator Guide:* This manual includes all of 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 Online Learning Center (OLC), the image bank, and the PowerPoint presentations. The guide also includes references to relevant print and broadcast media.
- *PowerPoint Presentations:* A complete PowerPoint lecture for the course is included in the instructor's portion of the Online Learning Center, as well as on the Instructor's Resource CD-ROM. This presentation, ready to use in class, was prepared by a professional in the wellness field. It corresponds to the content in each chapter of *Wellness: Concepts and Applications*, making it easier for instructors to teach and ensuring that students can follow lectures point by point. Instructors can modify the presentation as much as they like to meet the needs of their course.
- *Image Set:* The Image Set is a bank of images for use in the classroom and in the accompanying PowerPoint presentation. The Image Set includes all of the figures from the text.
- *Test Bank:* This downloadable manual includes more than 2,000 questions, including multiple choice, true/false, and short essay. The questions have been entered into the computerized test bank.
- *EZ Test Computerized Test Bank:* McGraw-Hill's EZ Test is a flexible and easy-to-use electronic

testing program. The program allows instructors to create tests from book-specific items. It accommodates a wide range of question types, and instructors can add their own questions. Multiple versions of the test can be created, and any test can be exported for use with course management systems, such as WebCT, BlackBoard, or PageOut. The program is available for Windows and Macintosh environments.

Course Management Systems

www.mhhe.com/support

Now instructors can combine their McGraw-Hill Online Learning Center with today's most popular course management systems and/or McGraw-Hill's PageOut. The McGraw-Hill Online Learning Center has also been converted into a cartridge that can be used in most course management systems. Our Instructor Advantage program offers customers toll-free telephone support and unlimited e-mail support. Instructors who use 500 or more copies of a McGraw-Hill textbook can enroll in our Instructor Advantage Plus program, which provides on-campus, hands-on training from a platform specialist. We have also built an interactive support site accessible to anyone with an Internet connection. Located at www.mhhe.com/support, instructors can ask questions of the prebuilt database or e-mail a McGraw-Hill specialist. Instructors can consult their McGraw-Hill sales representative to learn what other course management systems are easily used with McGraw-Hill online materials.

Quia™

The Online Wellness Lab Manual and Workbook, developed in collaboration with Quia™, offers an electronic version of labs, assessments, and quizzes compiled from the text and its main supplements. This new online supplement offers the student such benefits as interactive labs and assessments, self-scoring quizzes, and instant feedback. The instructor benefits from a grade book that automatically scores, tracks, and records students' results and provides the opportunity to review individual and class performance. Instructors also have the ability to customize activities and features for their course by using Quia's™ activity templates. Instructors who want to find out more about this new online supplement and how they can package it with their textbooks can contact their McGraw-Hill sales representative.

Online Learning Center (OLC)

www.mhhe.com/anspaugh6e

This Web site offers resources to students and instructors. It includes downloadable ancillaries, Web links,

student quizzing, additional information on topics of interest, and much more.

Resources for the instructor include

- Downloadable PowerPoint presentation
- Lecture outlines
- Interactive links
- Links to professional resources

Resources for the student include

- Flashcards of chapter key terms
- Interactive activities
- Self-grading quizzes

PageOut®: The Course Web Site Development Center

www.pageout.net

PageOut® enables instructors to develop a Web site 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. Instructors can contact their sales representative for assistance.

Video Library

Instructors can 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 *Health Living: Road to Wellness*. Digitized video clips are also available.

NutritionCalc Plus

NutritionCalc Plus can be used to analyze and monitor personal dietary needs and health goals. The database includes thousands of ethnic foods, supplements, fast foods, and convenience foods. Individual foods can be added to the food list. The database also includes the latest DRI values for essential nutrients, vitamins, and minerals. A wide variety of reports and graphs are generated based on the user's personal profile and intake analysis. An easy-to-use interface and the reliability of the database make NutritionCalc Plus the best source for nutrition analysis software.

Testwell by the National Wellness Institute

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 preassessments and postassessments at the beginning, end, or any time during the course.

Diet and Fitness Log by McGraw-Hill

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 can be packaged with the textbook for an additional \$1.00.

Acknowledgments

We wish to thank the following people for modeling for the photos:

Scott T. Belzer

Shonteh Henderson

Holly Ruth Henry

Chad Kirksick

Stacy Lancaster

Christopher Rasmussen

We wish to thank the reviewers, whose contributions have added significantly to the text. To the following, a grateful acknowledgment of their expertise and assistance:

For the Sixth Edition

John McIntosh

Northwest-Shoals Community College

Dick Newman

Presbyterian College

Karen Reynolds

Jefferson David Community College

Tim Rickabaugh

Defiance College

Christine Standefer

University of Maine–Presque Isle

Robert Walker

John Brown University

Daniel Williams

College of Southern Maryland

David J. Anspaugh

Michael H. Hamrick

Frank D. Rosato