BRIEF EDITION

THOMAS D. FAHEY • PAUL M. INSEL • WALTON T. ROTH

SIXTH EDITION

CORE CONCEPTS AND LABS IN PHYSICAL FITNESS AND WELLNESS



Core Concepts and Labs in Physical Fitness and Wellness

Brief Edition

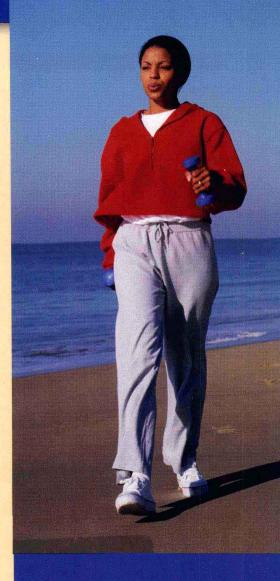
Thomas D. Fahey
California State University, Chico

Paul M. Insel Stanford University

Walton T. Roth
Stanford University



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Preface

For today's fitness-conscious student, Fit and Well: Brief Edition combines the best of two worlds. In the area of physical fitness, Fit and Well offers expert knowledge based on the latest findings in exercise physiology, sports medicine, and nutrition, along with tools for self-assessment and guidelines for becoming fit. This special Brief Edition contains the first 8 of the 15 chapters in the full version of Fit and Well. To create this book, we have drawn on our combined expertise and experience in exercise physiology, athletic training, personal health, scientific research, and teaching.

OUR AIMS

Our aims in writing this book can be stated simply:

- To show students that becoming fit and well greatly improves the quality of their lives
- To show students how they can become fit and well
- To motivate students to make healthy choices and to provide them with tools for change

The first of these aims means helping students see how their lives can be enhanced by a fit and well lifestyle. This book offers convincing evidence of a simple truth: To look and feel our best, to protect ourselves from degenerative diseases, and to enjoy the highest quality of life, we need to place fitness and wellness among our top priorities. Fit and Well makes clear both the imprudence of our modern, sedentary lifestyle and the benefits of a wellness lifestyle.

Our second aim is to give students the tools and information they need to become fit and well. This book provides students with everything they need to create their own personal fitness programs, including instructions for fitness tests, explanations of the components of fitness and guidelines for developing them, descriptions and illustrations of exercises, sample programs, and more. In addition, *Fit and Well* provides accurate, up-to-date, scientifically based information about key topics and issues in nutrition.

In providing this material, we have pooled our efforts. Thomas Fahey has contributed his knowledge as an exercise physiologist, teacher, and author of numerous exercise

science textbooks. Paul M. Insel and Walton T. Roth have contributed their knowledge of current topics in health as the authors of the leading personal health textbook, *Core Concepts in Health*.

Because we know this expert knowledge can be overwhelming, we have balanced the coverage of complex topics with student-friendly features designed to make the book accessible. Written in a straightforward, easy-to-read style and presented in a colorful, open format, Fit and Well invites the student to read, learn, and remember. Boxes, labs, tables, figures, artwork, photographs, and other features add interest to the text and highlight areas of special importance.

Our third aim is to involve students in taking responsibility for their health. *Fit and Well* makes use of interactive features to get students thinking about their own levels of physical fitness and wellness. We offer students assessment tools and laboratory activities to evaluate themselves in terms of each component of physical fitness and in the key area of nutrition.

We also show students how they can make difficult lifestyle changes by using the principles of behavior change. Chapter 1 contains a step-by-step description of this simple but powerful tool for change. The chapter not only explains the five-step process but also offers a wealth of tips for ensuring success. Behavior management aids, including personal contracts, behavior checklists, and self-tests, appear throughout the book. Fit and Well's combined emphasis on self-assessment, self-development in each area of wellness, and behavior change ensures that students not only are inspired to become fit and well but also have the tools to do so.

CONTENT AND ORGANIZATION OF THE SIXTH EDITION

The basic content of *Fit and Well* remains unchanged in the sixth edition. Chapter 1 provides an introduction to fitness and wellness and explains the principles of behavior change. Chapters 2–7 focus on the various areas of fitness. Chapter 2 provides an overview, discussing the

components of fitness, the principles of physical training, and the factors involved in designing a well-rounded, personalized exercise program. Chapter 3 provides basic information on how the cardiorespiratory system functions, how the body produces energy for exercise, and how individuals can create successful cardiorespiratory fitness programs. Chapters 4, 5, and 6 look at muscular strength and endurance, flexibility and low-back health, and body composition, respectively. Chapter 7 "puts it all together," describing the nature of a complete program that develops all the components of fitness. This chapter also includes complete sample exercise programs. Finally, Chapter 8 treats the key wellness area of nutrition.

For the sixth edition, each chapter was carefully reviewed, revised, and updated. The latest information from scientific and wellness-related research is incorporated in the text, and newly emerging topics are discussed. The following list gives a sample of some of the new and updated material included in the sixth edition of *Fit and Well*:

- New research on links between lifestyle and quality of life
- Physical activity recommendations from the Institute of Medicine, World Health Organization, and other organizations
- Dietary Reference Intakes for vitamins, minerals, energy macronutrients, water, and electrolytes
- New and alternative food pyramids and new food labeling requirements for trans fats
- Performance aids and dietary supplement safety and labeling issues
- · Preventing and managing low-back pain
- · Nutrition for athletes
- · Diabetes and pre-diabetes
- Exercise in hot and cold weather

Research in the areas of health and wellness is ongoing, with new discoveries, advances, trends, and theories reported nearly every week. For this reason, no wellness book can claim to have the final word on every topic. Yet, within these limits, *Fit and Well* does present the latest available information and scientific thinking on important wellness topics. Taken together, the chapters of the book provide students with a complete, up-to-date guide to maximizing their well-being, now and through their entire lives.

To help students obtain the most current wellness information, each chapter in the sixth edition is also closely tied to the Web site developed as a companion to the text. Boxes, illustrations, tables, labs, terms, and sections of text marked with the special World Wide Web icon have corresponding links and activities on the Fit and Well Online Learning Center (www.mhhe.com/fahey).

FEATURES OF THE SIXTH EDITION

This edition of *Fit and Well* builds on the features that attracted and held our readers' interest in previous editions.

These features are designed to help students increase their understanding of the key concepts of wellness and to make better use of the book.

Laboratory Activities

To help students apply the principles of fitness and wellness to their own lives, *Fit and Well* includes **laboratory activities** for classroom use. These hands-on activities give students the opportunity to assess their current level of fitness and wellness, to create plans for changing their lifestyle to reach wellness, and to monitor their progress. They can assess their daily physical activity, for example, or their level of cardiorespiratory endurance, or they can design a program to improve muscular strength and endurance. Many labs end with a section labeled "Using Your Results," which guides students in evaluating their scores, setting goals for change, and moving forward. Labs are found at the end of each chapter; they are perforated for easy use.

The laboratory activities are also found in an interactive format on the *Fit and Well* Online Learning Center. For a complete list of laboratory activities, see pp. xiv–xv in the table of contents.

Illustrated Exercise Sections

To ensure that students understand how to perform important exercises and stretches, *Fit and Well* includes three **illustrated exercise sections**, one in Chapter 4 and two in Chapter 5. The section in Chapter 4 covers exercises for developing muscular strength and endurance, as performed both with free weights and on weight machines. One section in Chapter 5 presents stretches for flexibility, and the other presents exercises to stretch and strengthen the lower back. Each exercise is illustrated with one or more full-color photographs showing proper technique.



New to the sixth edition, digital video clips of the exercises from the text and key lab activities are found on the Fit and Well Online Learning Cen-

ter. Look for the special video icon in the text to find out when to look online for corresponding video clips.

Sample Programs

To help students get started, Chapter 7 offers seven complete **sample programs** designed to develop overall fitness. The programs are built around four popular cardiorespiratory endurance activities: walking/jogging/running, bicycling, swimming, and in-line skating. They also include strength training and stretching exercises. Each one includes detailed information and guidelines on equipment and technique; target intensity, duration, and frequency; calorie cost of the activity; record keeping; and adjustments to make as fitness improves. The chapter also includes general guidelines for putting together a personal fitness program: setting goals; selecting activities; setting targets for intensity, duration, and frequency; maintaining a commitment; and recording and assessing progress.

Boxes

Boxes are used in Fit and Well to explore a wide range of current topics in greater detail than is possible in the text itself. Boxes fall into five different categories, each marked with a special icon and label.



Take Charge boxes distill from the text the practical advice students need to apply information to their own lives. By referring to these boxes, stu-

dents can easily find information about such topics as becoming more active, rehabilitating athletic injuries, exercising in hot weather, adding whole-grain foods to the diet, judging serving sizes, boosting motivation for behavior change, and many others.



Critical Consumer boxes are designed to help students develop and apply critical thinking skills, thereby enabling them to make sound choices in

areas such as choosing a fitness center, evaluating health information, and using food labels and dietary supplement labels to make informed dietary choices.

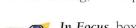


Dimensions of Diversity boxes highlight fitness and nutrition concerns for particular population groups. Topics include fitness for people with

disabilities, gender differences in muscular strength, and ethnic foods.



Wellness Connection boxes explore the close connection between mind and body, looking at such topics as the effects of exercise on mood and mental functioning, and expressive writing.



In Focus boxes highlight current topics and issues of particular interest to students. These boxes focus on such topics as the importance of

lifestyle for young adults, exercise safety, exercise machines versus free weights, diabetes, and fitness and fatness.

Vital Statistics

Vital Statistics tables and figures highlight important facts and figures in an accessible format. From tables and figures marked with the Vital Statistics label, students learn about such matters as the leading causes of death for Americans and the factors that play a part in each one; the relationship between lifestyle and quality of life; public health achievements of the twentieth century; and the most popular fitness activities. For students who learn best when material is displayed graphically or numerically, Vital Statistics tables and figures offer a way to grasp information quickly and directly.

Common Questions Answered

Sections called Common Questions Answered appear at the ends of Chapters 2-8. In these student-friendly sections, the answers to frequently asked questions are presented in easy-to-understand terms. Included are such questions as, Do I need more protein in my diet when I train with weights? How can I safely increase exercise intensity? What is core strength training? Can a workout with an exercise ball be useful in preventing and managing low-back pain? and How can I tell if I'm allergic to a food?

Motivation for Change

New to the sixth edition, Motivation for Change sections provide strategies for beginning a behavior change program and maintaining healthy new habits over time. Motivation for Change strategies focus on such key aspects of behavior change as building self-efficacy, finding role models and social support, overcoming obstacles and lapses, changing environmental cues, giving rewards, and tracking program progress. These sections appear at appropriate points throughout each chapter.

Tips for Today

Chapter-ending Tips for Today sections provide a very brief distillation of the major message of each chapter, followed by suggestions for a few simple things that students can try right away. Tips for Today are designed to encourage students and to build their confidence by giving them easy steps they can take immediately to improve their wellness.

Quick-Reference Appendixes

Included at the end of the book are four appendixes containing vital information in an easy-to-use format. Appendix A, Injury Prevention and Personal Safety, is a reference guide to preventing common injuries, whether at home, at work, at play, or on the road. It also provides information on giving emergency care when someone else's life is in danger.

Appendix B, Nutritional Content of Common Foods, allows students to assess their daily diet in terms of 11 nutrient categories, including protein, fat, saturated fat, fiber, cholesterol, and sodium. Appendix C, Nutritional Content of Popular Items from Fast-Food Restaurants, provides a breakdown of the nutritional content of the most commonly ordered menu items at popular fast-food restaurants.

Appendix D, Monitoring Your Progress, is a log that enables students to record and summarize the results of the assessment tests they complete as part of the laboratory activities. With space for preprogram and postprogram assessment results, the log provides an easy way to track the progress of a behavior change program.

OTHER FEATURES AND LEARNING AIDS

At the beginning of each chapter, under the heading Looking Ahead, five or six statements preview the main points of the chapter for the student and serve as learning

www.mhhe.com/fahey Preface V objectives. Each chapter also opens with **Test Your Knowledge**—a series of three multiple choice and true-false questions, with answers. These self-quizzes facilitate learning by emphasizing key points, highlighting common misconceptions, and sparking debate. Within each chapter, important terms appear in boldface type and are defined on the same or facing page of text in a **running glossary**, helping students handle new vocabulary.

Other features and learning aids are found at the end of each chapter. For Further Exploration sections offer suggestions for using the free student supplements that accompany the text—the Online Learning Center, the Daily Fitness and Nutrition Journal, and the HealthQuest CD-ROM—to build fitness and wellness. These sections also list recommended books, newsletters, organizations, hotlines, and Web sites. Finally, chapter summaries offer students a concise review and a way to make sure they have grasped the most important concepts in the chapter.

For more on the features of the book, refer to the illustrated **User's Guide to Fit and Well,** found on pp. xvii–xx.

TEACHING TOOLS

Available with the sixth edition of *Fit and Well* is a comprehensive package of supplementary materials designed to enhance teaching and learning.

Instructor's Resource CD-ROM (ISBN 0-07-284425-6)

The Instructor's Resource CD-ROM combines all the major electronic resources offered with the sixth edition of *Fit and Well*.

- The Course Integrator Guide includes learning objectives, extended chapter outlines, lists of additional resources, and many other teaching tools. It also describes all the print and electronic supplements available with the text and shows how to integrate them into lectures and assignments for each chapter. For the sixth edition, the guide was prepared by Julie Lombardi, Millersville University.
- One hundred Additional Laboratory Activities supplement the labs that are included in the text.
 These additional labs are also available to students on the Online Learning Center.
- The **test bank** includes nearly 1000 true-false, multiple choice, and essay questions. The questions are available as Word files and with the Brownstone **computerized testing software**. Brownstone provides a powerful, easy-to-use test maker to create a print version, a computer lab version, or an Internet version of each test. The Interactive Instructor CD-ROM includes the Diploma program for Windows users and Exam VI for Macintosh users; the Diploma program also includes a built-in gradebook.
- The **PowerPoint slides**, expanded for the sixth edition, provide a lecture tool that you can alter or

expand to meet the needs of your course. The slides include key lecture points and images from the text and other sources.

Printed versions of key supplements—the Course Integrator Guide, Additional Labs, and test bank—are also available (ISBN 0-07-302495-3). The printed supplements are loose-leaf and three-hole-punched, ready to be placed in a binder.

Video Resources

A variety of video resources is available for use with the sixth edition of *Fit and Well*. The Online Learning Center described below includes brief digital video clips of key exercises and labs featured in the text. Other video resources include the following:

- The McGraw-Hill Custom Video for Health (ISBN 0-7674-2567-7) includes brief video segments with additional information on wellness topics such as nutrition, exercise, and heart disease.
- Students on Health Custom Video
 (ISBN 0-7674-0022-4) features students from college campuses across the country discussing how their daily lives are affected by their choices in such wellness areas as exercise, nutrition, and stress.
- The Healthy Living Video Clips CD-ROM (ISBN 0-07-238808-0) contains a collection of brief, digitized video clips that can be used to introduce a lecture or to spark classroom discussion. The segments are 2–4 minutes long.

Videos from Films for Humanities and from the award-winning series *Healthy Living: Road to Wellness* are also available.

Digital Solutions

The Fit and Well Online Learning Center (www.mhhe. com/fahey) provides many resources for both instructors and students. Instructor tools include downloadable versions of the Course Integrator Guide and the PowerPoint slides, links to professional resources, and a guide to using the Internet. For students, there are learning objectives, self-quizzes and glossary flashcards for review, interactive Internet activities, and extensive links. The Online Learning Center also includes many tools for wellness behavior change, including interactive versions of the Behavior Change Workbook as well as lab activities from the text and additional labs from the Course Integrator Guide. Through the Online Learning Center, students can also access PowerWeb (www.dushkin.com/online) resources, including articles on key wellness topics, study tips, and a daily news feed.

The **Online Lab Manual and Workbook**, developed in collaboration with QuiaTM, offers an electronic version of labs, assessments, and quizzes compiled from the text and its main supplements. This new online supplement provides students with interactive labs and assessments,

self-scoring quizzes, and instant feedback. Benefits for instructors include a grade book that automatically scores, tracks, and records students' results; it also offers instructors the opportunity to review individual and class performance and customize activities for their course. To find out more about the QuiaTM Online Lab Manual and Workbook, including how you can package it with *Fit and Well*, contact your local sales representative.

Classroom Performance System (CPS) brings interactivity into the classroom or lecture hall. CPS is a wireless response system that gives instructors and students immediate feedback from the entire class. Each student uses a wireless response pad similar to a television remote to instantly respond to polling or quiz questions. Contact your local sales representative for more information about using CPS with Fit and Well.

The Health and Human Performance Web Site (www.mhhe.com/hhp) provides monthly articles about current issues, downloadable supplements for instructors, a "how-to" technology guide, self-assessments, study tips, exam-preparation materials, and a wealth of other tools and resources for instructors and students. It also includes information about professional organizations, scholarship opportunities, conventions, and careers.

PageOut (www.pageout.net) is a free, easy-to-use program that enables instructors to quickly develop Web sites for their courses. PageOut can be used to create a course home page, an instructor home page, an interactive syllabus that can be linked to elements in the Online Learning Center, Web links, online discussion areas, an online grade book, and much more. The Online Learning Center can also be customized to work with products like WebCT and Blackboard.

For more information about McGraw-Hill's digital resources, including how to obtain passwords for Page-Out and PowerWeb, contact your local representative and visit McGraw-Hill on the World Wide Web (www. mhhe.com/solutions).

Student Resources Available with Fit and Well

In addition to the materials on the Online Learning Center, there are many resources available with *Fit and Well* designed to help students learn and apply key concepts.

- The Daily Fitness and Nutrition Journal (ISBN 0-07-284432-9) is a handy booklet that guides students in planning and tracking their fitness programs. It also helps students assess their current diet and make appropriate changes. It is packaged free with each copy of the text.
- HealthQuest 4.2 (ISBN 0-07-295116-8) is an interactive CD-ROM that helps students explore their wellness behavior. It includes tutorials, assessments, and behavior change guidance in such key areas as stress, fitness, nutrition, communicable diseases, cardiovascular disease, cancer, tobacco, alcohol, and other drugs. It is packaged free with each copy of the text.

- NutritionCalc Plus (ISBN 0-07-292084-X) is a dietary analysis program with an easy-to-use interface that allows users to track their nutrient and food group intakes, energy expenditures, and weight control goals. It generates a variety of reports and graphs for analysis, including comparisons with the Food Guide Pyramid and the Dietary Reference Intakes. The ESHA database includes thousands of ethnic foods, supplements, fast foods, and convenience foods; users can also add their own foods to the database. NutritionCalc Plus is available on CD-ROM (Windows only) or in an Internet version.
- The Quick View Guide to the Internet for Students of Health, Physical Education, and Exercise Science, Version 2.0 (ISBN 0-7674-2062-4) provides step-by-step instructions on how to access the Internet; how to find, evaluate, and use online information about fitness and wellness; and many other topics.

Additional supplements and many packaging options are available; check with your local sales representative.

A NOTE OF THANKS

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John Smith, Texas A&M University, Kingsville Allan R. Thompson, Kalamazoo Valley Community College Sonia Tinsley, Centenary College of Louisiana Michael Webster, University of Southern Mississippi Louise Whitney, Lansing Community College Patricia A. Zezula, Huntington College

Special fitness consultants for the sixth edition:

Declan Connolly, University of Vermont Marialice Kern, San Francisco State University Scott O. Roberts, California State University, Chico

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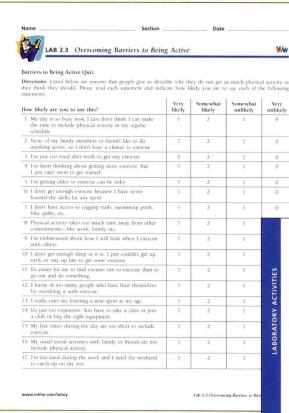
Thomas D. Fahey Paul M. Insel Walton T. Roth

A User's Guide to Fit and Well

Are you looking for ways to improve your lifestyle and become fit and well? Do you need help finding reliable wellness resources online? Would you like to boost your grade? *Fit and Well* can help you do all this and much more!

LABORATORY ACTIVITIES

These hands-on self-assessments help you determine your current level of wellness and create plans for making positive changes in your lifestyle. The Using Your Results sections guide you in setting goals and moving forward based on the results of the assessments. Lab activities are included at the end of every chapter on easy-to-use perforated pages.



Www Fit and Well ONLINE LEARNING CENTER (www.mhhe.com/fahey)

Look for the special World Wide Web icon throughout the text. Elements marked with the icon have corresponding activities and links on the *Fit and Well* Online Learning Center. The lab activities can be found online in an interactive format.

How likely are you to say this?	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely
18. I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
19. I'm afraid I might injure myself or have a heart attack.	3	2	1	0
20. I'm not good enough at any physical activity to make it fun.	3	2	1	0
If we had exercise facilities and showers at work, then I would be more likely to exercise.	3	2	1	0

Scoring

 Enter the circled number in the spaces provided, putting the number for statement 1 on line 1, statement 2 on line 2, and so on.

Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influence, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A scor of 5 or above in any category shows that this is an important barrier for you to overcome.

2	+	9	+	16	-00	Social influence
-3	+	10	+	17	18	Lack of energy
4	+	11	+	18	æ	Lack of willpower
5	+	12	+	19	.00	Fear of injury
6	+	13	+	20	=	Lack of skill
	+	_	+		=	

Using Your Results

How did you score? How many key barriers did you identify? Are they what you expected?

What should you do next? For your key barriers, try the strategies listed on the following pages and/or develop additional strategies that work for you. Check off any strategy that you try.

52 Chapter 2 Basic Principles of Physical Fitness

MOTIVATION FOR CHANGE

New to the sixth edition, Motivation for Change sections provide strategies for beginning a behavior change program and maintaining new healthy habits over time.

TIPS FOR TODAY

Tips for Today sections, found at the end of each chapter, provide a brief summary of the major message of the chapter, followed by suggestions for a few easy steps you can try right away to improve your level of wellness.

MOTIVATION FOR CHANGE! Are you one of the many people who choice lost food or packaged snack foods often because they are quick and canwenicen? You can't climitate these choices from your entironment, but you can increase your chances of making healthler choices by finding other particular to the particular control of the control of t

Staying Committed to a Healthy Diet

Beyond knowledge and information, you also need support in difficult situations. Keeping to your plan is easiest when you chose and prepare your own food at home. Advance planning is the key. mapping out meals and shopping appropriately, cooking in advance when possible, and preparing enough food for leftowers later in the work. At high bright does not necessarily make it more work. At the highest does not necessarily make it more and appreparing enough food for leftowers later in the work. At the meals the meals are supported to the properties of the meals and to have a few meals meals each work.

In restaurants, keeping to food plan goals becomes conservation more difficult. Protince size in restaurants send to be larger than serving sizes of the Food Guide Pyramid, but by remaining focused on your goals, you can eat only part of your meal and take the rest home for a meal later in the work. Don't heistate to ask questions when you're eating in a restaurant. Most restaurant personnel are glad coexplan how menus selections are prepared and to make small adjustments, such as serving salad dressings and sources on the sizes to she your he sourced or used sparingly. In limit your fat imake, order meat or fish brolled on explan how menus selections are avoided or used sparingly. In limit your fat imake, order meat or fish brolled or guider lather than frend or satured, choose need or a cour pather than a cream your how the season of the sections and the properties of the season of the season

cess of your program. The information provided in this chapter should give you the tools you need to design and implement a diet that promotes long-term health and well-being. If you need additional information or have questions about nutrition, be sure the source you consult is reliable.

- Substitute a healthy snack—an apple, a banana, or plain popcorn—for a bag of chips or cookies.
 Drink a glass of water and put a bottle of water in your backpack for tomorrow.

- Study the box on ethnic foods in this chapter and plan to order a healthy selection the next time you eat at your fa-vortie ethnic restaurant. Do the same with the fast-food restaurants listed in Appendix C at the end of the book.

SUMMARY

- The six classes of nutrients are carbohydrates, proteins, fais, vitamins, minerals, and water.
 The nutrients escential to human are released into the body through digestion. Nutrients in foods provide energy, measured in kiloacieris (commonly called calones), build and mantain body insues, and regulate body functions.
- Protein, an important component of body tissue, is composed of arnino acids, nine are essential to a diet. Foods from animal sources provide complete proteins; plants provide incomplete proteins.
- proteins, pants provide incomplete proteins.

 Fats, a major source of energy, also insulate the body and cushion the organs, 3—1 teaspoons of vegetable oil per day supplies the sessinal fats. For most people, dietary fat intake should be 20–35% of total calories, and unsaturated fats should be favored over saturated and trans fats.



TAKE CHARGE BOXES

Take Charge boxes, found throughout the text, provide practical advice that you can apply to your everyday life.

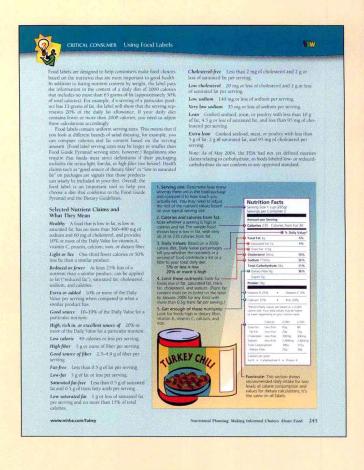
RUNNING GLOSSARY

Important terms appear in boldface type in the text and are defined in a running glossary on the same or facing page. A pronunciation guide to the glossary terms is found on the Online Learning Center.

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CRITICAL CONSUMER BOXES

Critical Consumer boxes help you develop and apply critical thinking skills so you can make sound choices related to wellness. Additional resources for each Critical Consumer topic are found on the *Fit and Well* Online Learning Center.



Behavior Change Wo	orkbook
the workbook will help you develop a successful plan—be the program planning steps described in Chapter 1, includ	gh the process of behavior change. The first eight activities in grimming with choosing a target behavior and moving through ing the completion and signing of a behavior change contract, on obstacles to behavior change and maximize your programs
Part 1 Developing a Plan for Behavior Change and Completing a Contract	Part 2 Overcoming Obstacles to Behavior Change
1. Choosing a Target Behavior	9. Building Motivation and Commitment
2. Gathering Information About Your Target Behavior	10 Managing Your Time Successfully
3. Monitoring Your Current Patterns of Behavior	11. Developing Realistic Self-Talk
4. Setting Goals	12. Involving the People Around You
5. Examining Your Attitudes About Your Target	13. Dealing with Feelings
Behavior	14. Overcoming Peer Pressure: Communicating
6. Choosing Rewards	Assenively
Breaking Behavior Chains Completing a Contract for Behavior Change	15. Maintaining Your Program over Time
ACTIVITY 1 CHOOSING A TARGET BEHAVIOR	
change to improve your level of wellness. Examples of tar lastly, eating candy bars even right, not getting enough sately belt when driving or riding in a car. List your five be 1 2 3 4 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	

BEHAVIOR CHANGE WORKBOOK

The Behavior Change Workbook takes you step by step through the process of behavior change. It helps you target a specific behavior, set goals, create a plan, and overcome common obstacles to change. The Workbook is available in an interactive format on the Online Learning Center, and a printed copy is included in the full and alternate editions of the text.

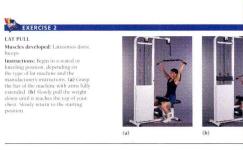
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User's Guide



SAMPLE EXERCISE PROGRAMS

Illustrated exercise programs in Chapters 4 and 5 show proper technique for exercises and stretches that develop muscular strength and endurance, flexibility, and low-back health; video clips of the exercises can be found on the Online Learning Center. The complete sample fitness programs in Chapter 7 are built around popular endurance activities such as walking, jogging, cycling, and swimming.



FOR FURTHER EXPLORATION

112 Chapter 4 Muscular Strength and Endurance

For Further Exploration sections at the end of each chapter describe books, newsletters, organizations, hotlines, and Web sites that you can turn to for additional advice and information. These sections also suggest ways to use the free tools available with Fit and Well:

- The Daily Fitness and Nutrition Journal gives you an easy way to plan and track a fitness program and a program for dietary improvement.
- The HealthQuest CD-ROM includes interactive tutorials, self-assessments, review questions, and many other resources.
- The Fit and Well Online Learning Center (www.mhhe.com/fahey) provides interactive study guide questions, learning objectives, chapter outlines, glossary flashcards, Internet activities, links, and other useful study aids.

Sample programs based on four different types of cardiorespira

GENERAL GUIDELINES

The following guidelines can help make the activity programs more effective for you.

- Frequency and time. To experience training effects, you should exercise for 20–60 minutes at least three times a

- which calls for alternating a relief interval with exercise (walking after jogging, for example, or coasting after bide ing uphill), interval training is an effective way to acknow progressive overload. When your heart rate gets too high slow down to lower your uplex are until you're at the low end of your target cone, threval training can also protony the total time you spend in exercise and delay the oriest.

WALKING/JOGGING/RUNNING SAMPLE PROGRAM

Developing Cardiorespiratory Endurance
The four variations of the basic walking/jogging/running sample program that follow are designed to help you regulate the

204 Chapter 7 Putting To

The stages of change model describes six stages that people may move through as they try to change their behavior: precontemplation, contemplation, preparation, action, maintenance, and termination.

- ration, action, maintenance, and termination

 A specific plan for change can be developed by
 (1) collecting data on your behavior and recording dit
 in a journal, (2) analyzing the recorded data; (3) setting specific goals; (4) devising strategies for obtaining information, moddying the environment,
 rewarding yourself, involving others, and planning
 ahead, and (5) making a personal contract.

 To start and maintain a behavior change program you
 need commitment, a well-developed and manageable
 plan, soxial support, and strong stress management
 techniques. It is also important to monitor the
 progress of your program, revising it as necessary.

FOR FURTHER EXPLORATION

Fit and Well Online Learning Center (www.mhhe.com/fahey)

(www.mhlre.com/faley)

Von the Fir and Will Online Learning Centre and lamilarizes powerful with the resources smallable at the site. Too can use the control with the resources was the control to the control to the cards to review key terms and concepts, for this chapter and perpute for casms. You can search your knowledge of wellness and game sperieure in using the literate as a resource by combelling the activities and chapter in the best of the topics in Chapter. I marked with the World Wild Webs too. For the topics in Chapter I marked with the World Wild Webs too. For the sources, there are activatives relating to Houlthy Pople 2010 objectives, online assessments, and evaluation of online resources, there are discussed with Satisfacts tables and Behavior change resources and tools include an online version of the Behavior Change Widshook, ample logs for a variety of target behaviors, and sample behavior change plans.

Daily Fitness and Nutrition Journal

moate of penavor (narge and offers suggestions and advace for each stage of change with P. B. M. MacFarlane, and E. Kalnussky. 2002. The Com-plete labors Guide to Wellbers. Indianapolis, In: Alpha Books. A concres guide to healthy habits, including physical activity, nutrition, and stress management.

Consumer Reports on Health (800-234-2188, http://www. ConsumerReports.org)
Harrard Holds Letter (800-829-9045; http://www.health.hurrard.edu)
Harrard Men's Health Waitch (800-829-3341)
Harrard Womer's Health Waitch (800-829-3341)

WW Organizations, Hotlines, and Web Sites

Centers for Discuse Control and Prevention. Through phone, lax, and the Internet, the CDC provides a wide variety of health

formation. 800-311-3435, 888-CDC-FAXX (CDC FAX) http://www.cdc.gov

800-311-3439, 888-CD-7-raca occurs in http://www.cdc.gov any other government Web sites provide access to health-lated materials. Federal Totale Commission http://www.cnssumer-gov/health.htm.

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