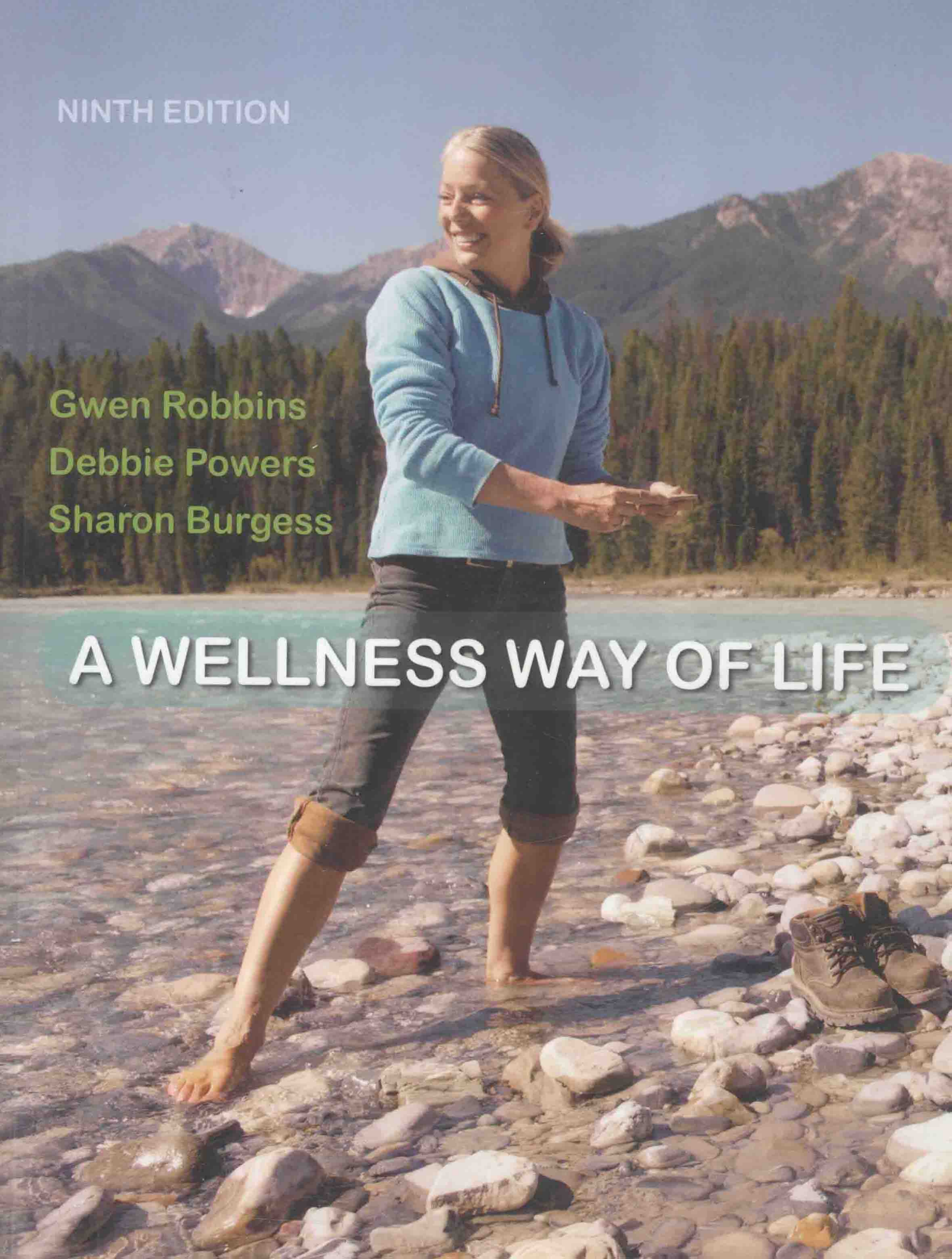


NINTH EDITION

Gwen Robbins
Debbie Powers
Sharon Burgess

A WELLNESS WAY OF LIFE

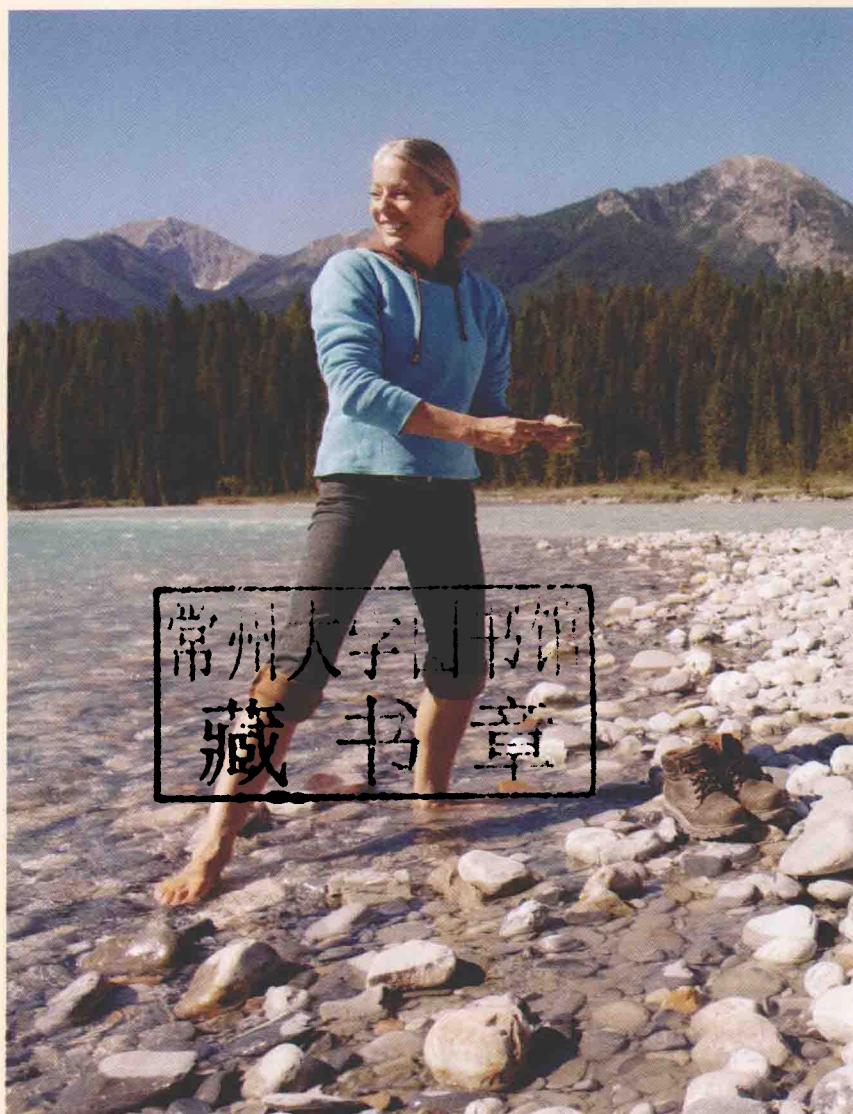


A WELLNESS WAY OF LIFE

Ninth Edition

GWEN ROBBINS / DEBBIE POWERS / SHARON BURGESS

Ball State University





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This book is printed on acid-free paper.

1 2 3 4 5 6 7 8 9 0 RJE/RJE 0 9 8 7 6 5 4 3 2 1 0

ISBN 978-0-07-352383-5

MHID 0-07-352383-6

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Cover Design: *Allister Fein/Brian Salisbury*

Interior Design: *Pam Verros*

Photo Research: *Nora Agbayani*

Buyer: *Sherry Kane*

Composition: *Aptara®, Inc.*

Printing: *Printed on #45 New Era Matte by R.R. Donnelley & Sons*

Cover Photo: © Fancy Photography/VEER.

The credits section for this book begins on page C-1 and is considered an extension of the copyright page.

Library of Congress Cataloging-in-Publication Data

Robbins, Gwen.

A wellness way of life / Gwen Robbins, Debbie Powers, Sharon Burgess.—9th ed.
p. cm.

Includes bibliographical references and index.

ISBN-13: 978-0-07-352383-5 (alk. paper)

ISBN-10: 0-07-352383-6 (alk. paper)

I. Health. II. Powers, Debbie. III. Burgess, Sharon. III. Title.

RA776.R63 2011

613-dc22

2010044534

The Internet addresses listed in the text were accurate at the time of publication. The inclusion of a website does not indicate an endorsement by the authors of McGraw-Hill, and McGraw-Hill does not guarantee the accuracy of the information presented at these sites.

PREFACE

A WELLNESS WAY OF LIFE invites you to become

Informed... Inspired... Connected...

A Wellness Way of Life **informs** you about wellness . . . **inspires** you to choose healthy behaviors . . . and **connects** you to the tools that make change possible.

Be Informed

Based on solid research, *A Wellness Way of Life* makes sense of the array of the confusing and sometimes contradictory health information that bombards us everyday. The authors minimize technical jargon and present health topics and issues in a clear and accessible way. *A Wellness Way of Life* gives you accurate, up-to-date information about exercise, nutrition, stress, heart disease, weight

THINK ABOUT IT

Rather than relying on long-term behavioral strategies, many people look for a “quick fix.” Liposuction and gastric bypass surgery are commonly utilized for weight loss, and medications are used to control high cholesterol and hypertension. However, resorting to surgeries and pharmaceutical drugs can be risky and expensive. What are the pros and cons of these “quick fix” approaches versus developing self-managed lifestyle skills to address chronic health conditions? Why do so many people fail to take charge of their own health?



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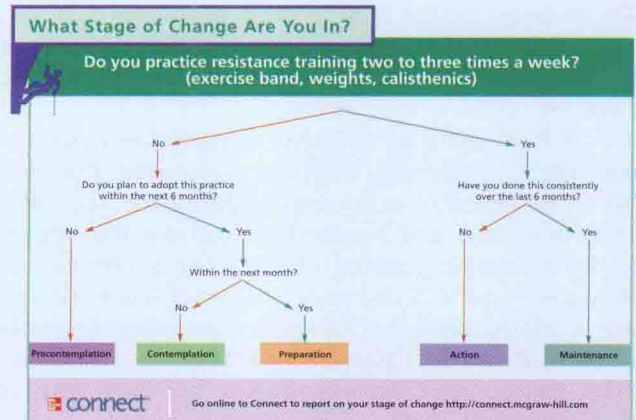
management, and much more. Knowledge is power, and *A Wellness Way of Life* empowers you with the knowledge you need to make smart health decisions.

New to this edition is a feature called “Think About It,” designed to give you practice in thinking critically, applying your knowledge, and writing about factors that influence your wellness. These activities appear in the book and as online activities that you can submit directly to your instructor.

Be Inspired

Knowledge alone is not enough to change behavior. Many people know what to do but just don’t do it! To make lifestyle changes, you need to take knowledge and move into action. *A Wellness Way of Life* not only gives you the “do’s and don’ts” but also presents the content in a way that is motivating and inspiring. It is a “how to” book that helps you bridge the gap between knowledge and action.

Supporting the applied approach and behavior change focus in this edition are two new and enhanced features. “What Stage of Change Are You In?” behavior change flow charts help you identify your stage of change relative to each health topic. And new “Tips for Behavior Change” boxes, also



appearing in each chapter, offer specific strategies to help you make a behavior change or stick with one you've already made. In this edition, the chapter lab activities, which are also available online in *Connect*, are now linked to the appropriate section in the text to support your understanding and learning.

Be Connected

A Wellness Way of Life sets the stage for behavior change by providing a wealth of useful tools that help you move into action and apply new information to your life. In addition, the 9th edition is accompanied by *Connect Fitness and Wellness*, a powerful new set of online, interactive tools. This online learning system includes interactive fitness labs and health assessments, video activities, quizzes, a behavior change workbook, and a fitness and nutrition log. *Connect Fitness and Wellness* not only helps you master the content and get a better grade but also helps you develop the skills for leading a more balanced and fulfilling life.



A Wellness Way of Life

There is no better feeling than knowing that you are empowered to take charge of your health—and to resist cultural norms that encourage unhealthy choices.

A Wellness Way of Life is designed to help you become an informed wellness consumer. You will be empowered to take responsibility for your lifestyle decisions and inspired to embrace the opportunity to make positive choices for a lifetime. In doing so, you will discover the joy of knowing you are working toward your highest potential for wellness. And you will also discover that this proactive, take charge attitude becomes a habitual way of thinking and acting—truly a way of life!

NEW TO THIS EDITION

Based on the idea of self-responsibility and self-empowerment, *A Wellness Way of Life* gives students practical information about how to make good decisions that will positively affect their well-being throughout their lives. It is action-based and presents wellness as a dynamic, lifelong process. Here are highlights of this ninth edition:

- ✓ Chapter's Lab Activities, now linked to the appropriate sections in the text, better aid and support student learning.
- ✓ Students can more readily assess their own stage of change with enhanced Behavior Change Flow Charts....What Stage of Change Are You In?
- ✓ All Behavior Change Flow Charts are now presented earlier in the chapter, allowing students to assess their status before reading chapter content.
- ✓ Tips for Behavior Change Boxes help students evaluate how to progress to the next stage from their current stage of change.
- ✓ Updated Internet Resources and Bibliography direct students to additional sources for further information.
- ✓ Many new and updated photos in each chapter make the material relevant and understandable to students.
- ✓ URLs direct students to online videos and websites that enhance and supplement textbook information.
- ✓ Updated data and references in each chapter reflect the latest research.

Chapter 1

- ✓ Updated leading causes of death
- ✓ More emphasis on prevention of chronic diseases
- ✓ Expanded emphasis on health-care costs
- ✓ Introduced *Healthy People 2020*
- ✓ Updated Diversity Issues

Chapter 2

- ✓ Expanded information on how to stay motivated
- ✓ New Top Ten List: "S's for Success in Changing a Behavior"
- ✓ New Internet Resources
- ✓ New Lab Activity 2-4: "Using the S's for Success in Changing Your Behavior"

Chapter 3

- ✓ Added U.S. Health and Human Services Physical Activity Guidelines for Americans
- ✓ URLs referenced for alternate fitness tests online: BMI, home body fat test
- ✓ URL for 3- and 7-site skinfold test instructions to calculate body composition
- ✓ URL for strength test calculators used to estimate one rep max for leg press and bench press.
- ✓ Updated Healthy People 2020 physical activity objectives
- ✓ Step test norms added for 12-inch step
- ✓ New frequently asked questions

Chapter 4

- ✓ The latest Department of Health and Human Services Physical Activity Guidelines for Americans have been added
- ✓ New box illustrates how to apply the new DHHS physical activity guidelines (Example: “Physical Activity Workouts to Meet DHHS Guidelines)
- ✓ New information on how endorphins improve mental health
- ✓ Expanded information on how moderate exercise enhances the immune system
- ✓ Expanded “exercise and cancer” section
- ✓ Updated statistics throughout chapter

Chapter 5

- ✓ Information on the benefits of dynamic stretching
- ✓ Examples of dynamic stretching exercises
- ✓ URLs for videos for dynamic stretching techniques, basic Tai Chi, back exercises, seated stretches, and the Hatha Yoga Sun Salutation
- ✓ Directions for seated stretches
- ✓ A new lab using seated stretches
- ✓ A new lab using partner stretches
- ✓ Updated line illustrations

Chapter 6

- ✓ Strength training myths and facts
- ✓ URLs for videos for weight training with free weights, weight training with machines, elastic resistance exercises, abdominal and core strengthening exercises, Pilates, hip & thigh exercises, upper body exercises, stability ball exercises
- ✓ Updated line illustrations
- ✓ Directions for exercises have been added under each illustration.

Chapter 7

- ✓ The latest Department of Health and Human Services Physical Activity Guidelines for Older Adults have been added
- ✓ New information on the Guidelines for Exercise During Pregnancy
- ✓ Added information in the Pregnancy section includes information on weight training during pregnancy
- ✓ New Frequently Asked Question: Is it true that most of your body heat is lost through your head?
- ✓ Expanded table of caffeine content now includes the new “extra small” (2 oz.) energy drinks
- ✓ Updated statistics throughout chapter

Chapter 8

- ✓ Added information on balance training for ankle sprain rehabilitation
- ✓ New internet resources include URLs for videos on ankle injuries, back pain, bursitis, calf muscle strain, knee injuries, iliotibial band syndrome, increasing knee stability, patellofemoral pain and the “virtual MD” who can help with injury diagnosis
- ✓ Lab 8-1 on common treatments for injuries and when to see a physician has been revised

Chapter 9

- ✓ Added latest information on how exercise affects telomere length and increases longevity
- ✓ Expanded coverage of the increased risk of cardiovascular disease and post-menopausal women includes the latest research
- ✓ New Frequently Asked Question: How can I take control of my heart health?
- ✓ Revised and updated Lab Activity 9-1: “Are You at Risk for Heart Disease?”
- ✓ Revised and updated Lab Activity 9-4: “Are You at Risk for Diabetes?”
- ✓ Updated statistics throughout the chapter

Chapter 10

- ✓ The beginning of the chapter has been streamlined so students can move more quickly to the content on managing stress
- ✓ New subheading: The Relaxation Response
- ✓ New subheading: The Six Strategies for Stress Management
- ✓ Updated statistics throughout the chapter

Chapter 11

- ✓ Reference to the new *2010 Dietary Guidelines*
- ✓ New information on the impact of excessive sugar intake
- ✓ Updated information on organic foods
- ✓ New information on artificial sweeteners
- ✓ New Internet Resources
- ✓ Lab 11-2, focusing on personal diet analysis using MyPyramid, has been revised

Chapter 12

- ✓ Updated statistics on obesity and overweight
- ✓ Updated Diversity Issues
- ✓ New Table 12-3 on the calories and sugar in energy and coffee drinks
- ✓ Research on the leptin/brain connection
- ✓ Updated diet plan chart
- ✓ Information on portion control
- ✓ New Internet Resources

Chapter 13

- ✓ Updated graphs show cancer data for the most deadly cancers and racial disparities
- ✓ Screening guidelines added for skin and testicular cancers
- ✓ Revised cancer morbidity and mortality statistics throughout chapter
- ✓ More information on HPV related to preventing cervical cancer
- ✓ Information on vitamin D and cancer prevention
- ✓ Lab 13-3 on preventing cancer through dietary choices has been revised
- ✓ Added URLs for videos on breast cancer screening, mammography, skin cancer prevention, the skin self-exam, the sigmoidoscopy test, vitamin D and cancer reduction, treating cervical cancer, prostate cancer, and breast cancer

Chapter 14

- ✓ New section: Alcohol Poisoning
- ✓ New Frequently Asked Question: Are E-Cigarettes Safe?
- ✓ Table 14-5, Percentage of Blood Alcohol Content (BAC), now has separate BAC for men and women instead of BAC for weight only to be used by both genders
- ✓ Coverage of the newest method of making methamphetamine called the “shake and bake” method

- ✓ Coverage of the newest way of securing ammonia nitrate for making small recipes of methamphetamine, using instant cold packs or dry ice packs
- ✓ New photo to show instant cold packs
- ✓ Expanded information on medical marijuana in FAQ
- ✓ Lab Activity 14-1, Alcohol: High Risk vs. Low Risk, has been totally redesigned for easier student use and comprehension
- ✓ Updated statistics throughout the chapter

Chapter 15

- ✓ Updated graphs showing frequency of STD transmission by type of STD
- ✓ Updated graphs on AIDS/HIV incidence with latest CDC survey data
- ✓ New data on heterosexual transmission of HIV
- ✓ Information on immunizations to prevent HPV
- ✓ Tips on STD testing for partners
- ✓ New Lab Activity 15-3 with additional questions for class discussion
- ✓ URLs for videos on STD awareness, HPV, syphilis, chlamydia, gonorrhea, genital warts, HIV and AIDS, the hepatitis B vaccine, AIDS and pregnancy, drug resistant gonorrhea, getting tested for STDs, and how to use a condom (female and male).

Chapter 16

- ✓ Updated statistics on automobile safety
- ✓ Expanded information on rising health-care costs
- ✓ Updated information on wellness trends and challenges
- ✓ New Internet Resources

◆ ACKNOWLEDGMENTS

We are thankful to the instructors who reviewed the previous edition of *A Wellness Way of Life* and offered helpful suggestions for improvement. Their knowledge and insights are reflected throughout the pages of this book.

Gwendolyn Francavillo
Gallaudet University

Charlotte Koehler
University of South Carolina Upstate

Erin Nitschke
Sheridan College

David Sarrette
Bainbridge College

Pebbles Turbeville
Saint Andrews Presbyterian College

Lynette Gard
University of St. Francis

Toni LaSala
William Paterson University

Stefanie Latham
Oklahoma City University

Sarah Thompson
Binghamton University

We are grateful to the following individuals for their assistance in the development of this book:

Sam Minor II, Department of Art, College of Fine Arts, Ball State University for artwork.

Edgar Self, John Huffer, Ann Wasson, Gwen Robbins, and Debbie Powers for photography.

Katherine Barnet, Jill Robbins, Jeff Robbins, Jim Powers, Margaret Phillips, Bounng Jin Kang, Chris Powers, Melissa Smith, Kelley Jarvis, Erika Hogan, Karlyn Rent, Jamie Troxell, and Lowell Faison for modeling for photographs.

Brian Dietz, Program Advisor, Ball State University, for consultation on higher education alcohol programming.

Carol Foust, professor at Colorado State University-Pueblo, for her consultation on spiritual health issues.

Jesse Neal, Investigator and Director, Muncie and Delaware County Drug Task Force, for consultation on illegal drugs.

A very generous thank you goes to the dedicated Ball State University Physical Fitness and Wellness faculty for their vigorous commitment to quality teaching.

Special recognition is extended to Dr. Marilyn Buck, Associate Provost; Dr. Terry S. King, Provost and Vice President for Academic Affairs; and Dr. JoAnn M. Gora, President of Ball State University, for their continuing support of the fitness/wellness program at Ball State University. We are fortunate to have administrators who have the vision to recognize that participating in a fitness/wellness program will have a positive impact on students' lives now and in the future.

We dedicate this ninth edition to the students—past, present, and future. We wish you a lifetime of wellness.

Gwen Robbins
Debbie Powers
Sharon Burgess

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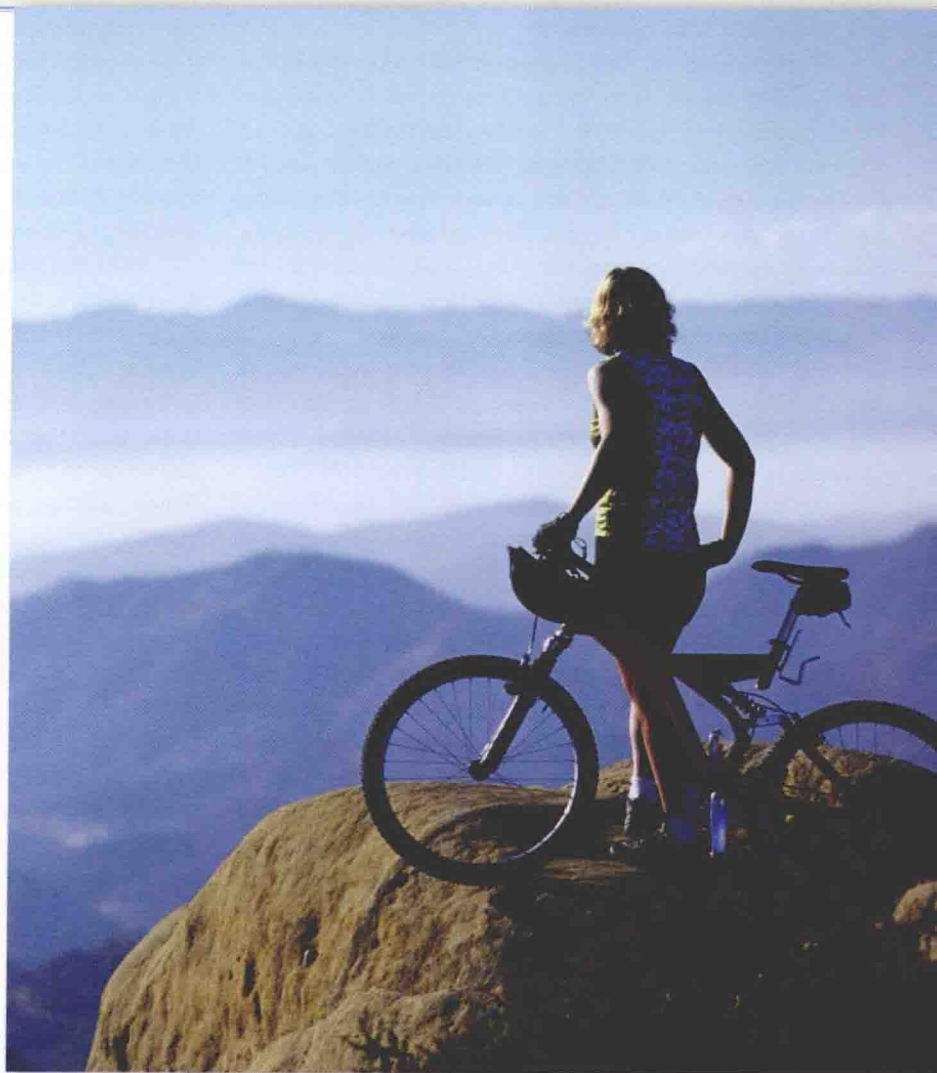
Understanding Wellness

STUDY QUESTIONS

You will have successfully mastered this chapter if you can answer the following:

1. What are the top three causes of death in the United States?
2. Can you define *healthy life expectancy* and explain why it is low in the United States compared with other industrialized countries?
3. Can you name the largest contributing factor affecting longevity?
4. What are the four overarching goals of the publication *Healthy People 2020*?
5. What are five lifestyle practices that can reduce the risk of chronic diseases and enhance wellness?
6. What is the definition of *wellness*?
7. Can you identify the seven dimensions of wellness and give three examples within each dimension?
8. Can you list and describe the six factors that influence growth in wellness?
9. What are four examples of ways society supports wellness and four examples of ways society detracts from wellness?

You will find the answers as you read this chapter.



“Life is not merely to be alive,
but to be well.”
—Martial



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