

A full-page photograph of a skier in mid-air, performing a jump. The skier is wearing a light-colored jacket and pants, and is holding two ski poles. The background is a clear blue sky with many small white snowflakes falling. The skier's skis are visible, one red and one black. The overall mood is dynamic and energetic.

AN INVITATION TO HEALTH

Choosing to Change

Dianne Hales

An Invitation to Health: Choosing to Change



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An Invitation to Health: Choosing to Change
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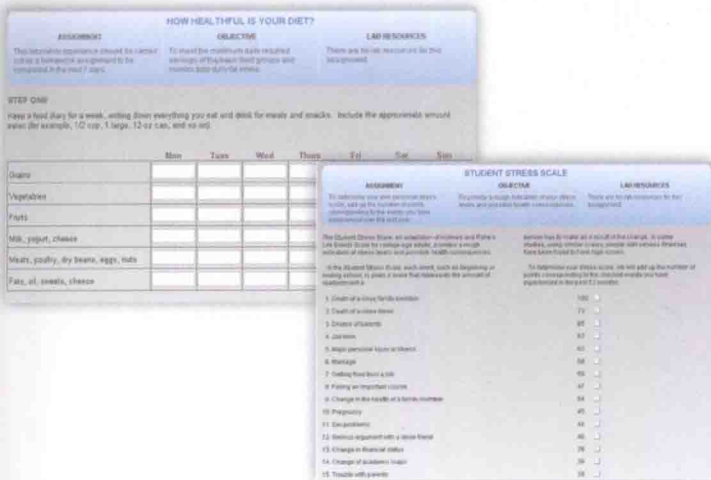
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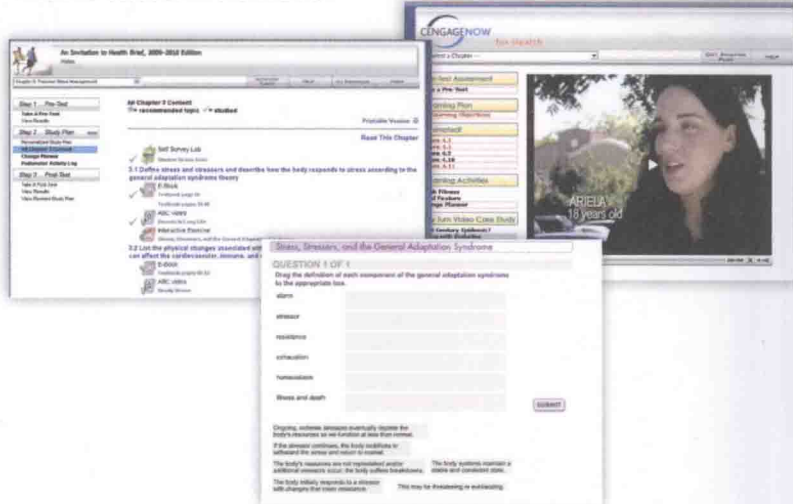
Online Personal Change Labs

CengageNOW provides access to the activities, surveys, and self-assessment tools from *An Invitation to Health: Choosing to Change* in an online, interactive format. Some diverse examples include "Are You Ready to Become More Active?," "How Healthful is Your Diet?," "Body Composition Assessment and Recommended Body Weight Determination" and "Designing Your Strength Training Program."



Personalized Learning Plans

CengageNOW allows you to gauge your own unique study needs using diagnostic pre-tests that generate **Personalized Learning Plans** that contain links for the resources you need, including sections from the e-book, video clips, and interactive exercises. Click through these resources to master the concepts, and then take the post-test to measure your improvement. The program's unique diagnostic quizzes and study plan will help you get the most out of your study time and succeed in the course!



Behavior Change Planner

The CengageNOW Behavior Change Planner is a fun, interactive, and easy way to complete a course assignment while using practical tools for making healthy change.

The CengageNOW Behavior Change Planner includes four main components:

- A **Wellness Inventory** that asks you a series of questions related to the wellness categories of Physical Activity, Tobacco, Drugs and Alcohol, Safety, Sexuality, Weight Management, Nutrition, and Stress. The scores on the wellness inventory help to identify areas where change is most needed.
- A **Behavior Change Contract** that guides you into targeting an area that needs improvement, setting a goal, and formulating a committed plan for change.
- A **Change Tracker** for recording progress toward the goal of the Behavior Change Contract
- A **Change Journal** for reflection and comments on the process of working toward the behavior change goal

Pedometer Activities!

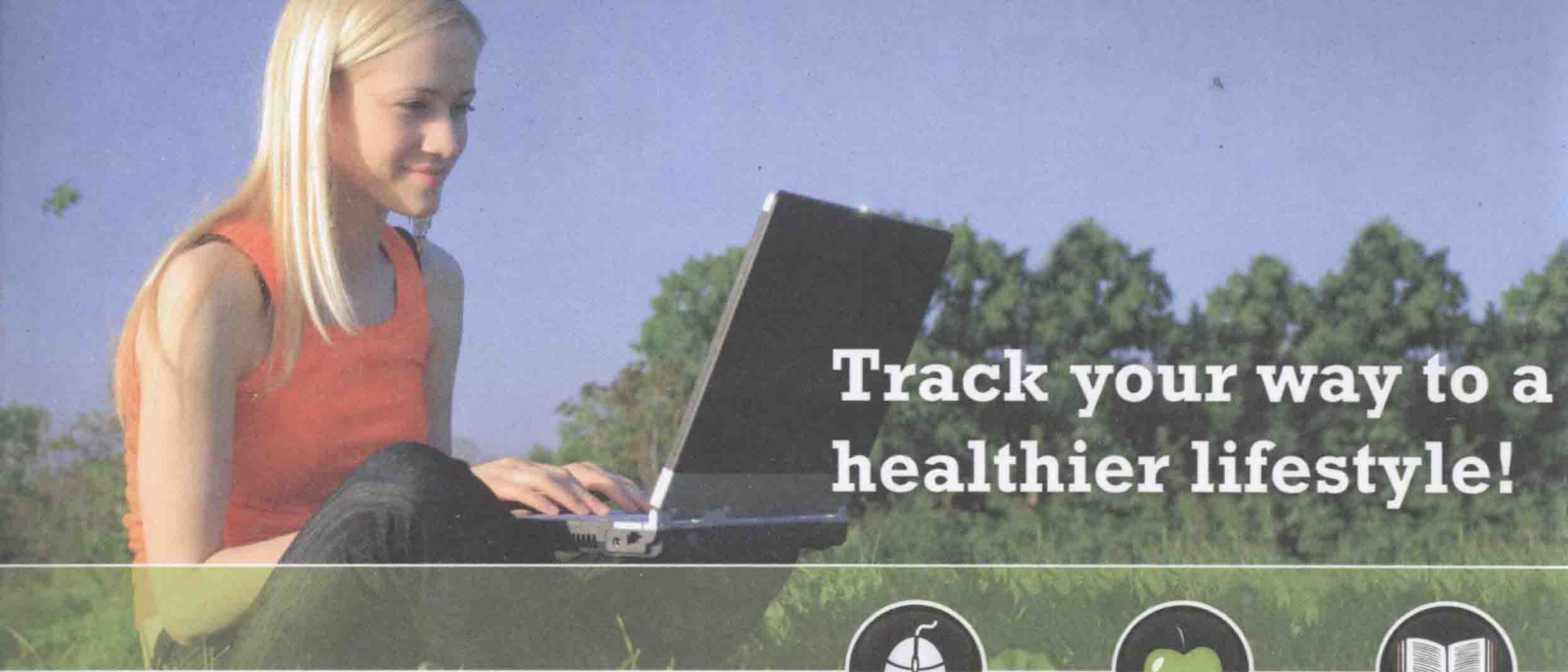
Even small steps can move you toward better health

Track your daily number of steps, set activity goals, and see your progress over time! The program's **Health/Lifestyle Survey** will show you the overall picture of how active you are. The easy-to-use "how to" tool will help you measure your stride length to determine the distance you travel during a day. This can be a great motivator... and a great help to reaching your fitness goals.




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Log on to CengageNOW™ by using the access code packaged with the text. With its simple, browser-based interface, CengageNOW is as easy to use as surfing the web. Just a click of the mouse allows you to enter and explore the system at any point with no instructor set-up necessary. Alternatively, you can purchase access at www.ichapters.com if access was not ordered with the text.



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*To my husband, Bob, and my daughter Julia,
who make every day an invitation to joy.*

PREFACE

To the Student

This textbook is an invitation to you—an invitation to a healthier, happier, fuller life. Every day you make choices that can affect both how long and how well you live. The knowledge you acquire in this course will help you make better choices, ones that will have a direct impact on how you look, feel, and function—now and for decades to come.

Perhaps you are in good health and think you know all you need to know about how to take care of yourself. If so, take a minute and ask yourself some questions:

- How well do you understand yourself? Are you able to cope with emotional upsets and crises? Do you often feel stressed out?
- How nutritiously do you eat? Are you always going on—and off—diets?
- Do you exercise regularly?
- How solid and supportive are your relationships with others? Are you conscientious about birth control and safe-sex practices?
- Do you occasionally get drunk or high? Do you smoke?
- What do you know about your risk for infectious diseases, heart problems, cancer, or other serious illnesses?
- Are you a savvy health-care consumer? Do you know how to evaluate medical products and health professionals?
- How much do you know about complementary and alternative medicine?
- If you needed health care, do you know where you'd turn or how you'd pay?
- Have you taken steps to ensure your personal safety at home, on campus, and on the streets?
- Can you improve your odds for living a long and healthy life?
- What are you doing today to prevent physical, psychological, social, and environmental problems in the future?

As you consider these questions, chances are there are some aspects of health you haven't considered before—and others you feel you don't have to worry about for years. Yet the choices you make and the actions you take now will have a dramatic impact on your future.

Your health is your personal responsibility. Over time, your priorities and needs will inevitably change, but the connections between various dimensions of your well-being will remain the same: The state of your mind will affect the state of your body, and vice versa. The values that guide you through today can keep you mentally, physically, and spiritually healthy throughout your lifetime. Your ability to cope with stress will influence your decisions about alcohol and drug use. Your commitment to honest, respectful relationships will affect the nature of your sexual involvements. Your eating and exercise habits will determine whether you develop a host of medical problems.

This edition of *An Invitation to Health: Choosing to Change* is packed with information, advice, recommendations, and research, and provides the first step in taking full charge of your own well-being. An important theme of this book is choosing to change. Ultimately, the power to implement healthy change belongs to you—and it's a lot easier than you might think. You could simply add a walk or workout to your daily routine. You could snack on fruit instead of high-fat foods. You could cut back on alcohol. You could buckle your seat belt whenever you get in a car. These are small changes and relatively easy ones to make. They may not seem like a big deal now, yet they could make a crucial difference in determining how active and fulfilling the rest of your life will be.

Knowledge alone can't assure you a lifetime of well-being. The rest depends on you. The skills you acquire, the habits you form, the choices you make, the ways you live day by day will all shape your health and your future. You cannot simply read this book and study health the way you study French or chemistry. You must decide to make it part of your daily life.

This is our invitation to you.

—Dianne Hales

To the Instructor

I am writing to invite you to something new. Yes, *An Invitation to Health* has been the leading college health textbook for years, and this new edition once again presents up-to-date, concise, research-based coverage of personal health. As has been true since the early editions, facts and concepts are presented in the context of implementing healthy change.

The emphasis on behavior change has grown steadily, and continues even stronger in this edition. The theme of this edition is *choosing to change*. This theme is important because it is not enough to know *how* to change; one must make the conscious *choice* to change in order to use the tools of change successfully.

In addition to “Your Strategies for Change” and “Your Health Action Plan”—features familiar from earlier editions—this edition introduces “Making Change Happen,” which ties to our ground-breaking supplement *Invitation to Personal Change* and offers a four-step plan for creating successful change.

As always, this edition defines health in the broadest sense of the word—not as an entity in itself but as an integrated process for discovering, using, and protecting all possible resources within the individual, family, community, and environment.

New in *Invitation to Health: Choosing to Change*

Chapter 1 has been extensively revised to include coverage of pressing social issues like the toll of poverty as well as consumer

health issues such as getting good medical advice online. New features in the chapters extend these themes. “Community Focus” provides a larger perspective on common health issues and suggests ways for students to become informed and involved with concerns such as homelessness (Chapter 3), feeding the world (Chapter 6), and creating a healthier environment (Chapter 19).

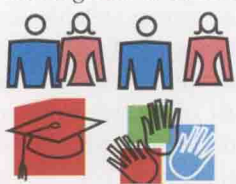
“Health on a Budget” appears in every chapter and provides practical suggestions for low- or no-cost strategies for making healthy choices. In most cases, the suggestions are not about how to be a better shopper but rather about how to be more resourceful in using what we already have or more creative about freeing and using internal resources.

In keeping with the theme of this edition—choosing to change—each chapter now offers “Making Change Happen,” which gives students a practical four-step plan for making healthy changes such as low-cost fitness aids (Chapter 5), soul food (Chapter 2), and sleep power (Chapter 15). This feature is linked to the more extensive plans outlined in *Invitation to Personal Change*, the ground-breaking supplement coauthored with Dr. Kenneth W. Christian.

“Consumer Alert” replaces “Savvy Consumer” and provides Things to Know and Steps to Take to be a smart consumer of a wide range of products from sleeping pills (Chapter 2) to weight-loss products (Chapter 5) to online dating (Chapter 8).

Within chapters we’ve retained, updated, and enhanced popular features, including “Your Strategies for Change/Your Strategies for Prevention,” “Reality Check,” “Point/Counterpoint,” and “Learn It/Live It.”

At the end of each chapter is a Self Survey, followed by a Health Action Plan. Other end-of-chapter resources include Review Questions, Critical Thinking Questions, and Key Terms. At the end of the book is a full Glossary, and on the companion website, you will find the *Hales Health Almanac*, which includes a directory of resources, emergency procedures, and a guide to common medical tests.



This edition includes gender-specific information in every chapter, flagged with icons representing men and women. As in previous editions, icons also indicate material related to students and campus life and to cultural or racial diversity.

Because the health sciences advance so rapidly, all of the chapters have been updated with the most current research, including many citations published in 2009 and incorporating the latest available statistics. The majority come from primary sources, including professional books, medical, health, and mental health journals, health education periodicals, scientific meetings, federal agencies and consensus panels, publications from research laboratories and universities, and personal interviews with specialists in a number of fields. In addition, “Internet Connections” presents reliable Internet addresses where students can turn for additional information.

As I tell students, *An Invitation to Health: Choosing to Change* can serve as an owner’s manual to their bodies and minds. By using this book and taking your course, they can acquire a special type of power—the power to make good decisions, to assume responsibility, and to create and follow a healthy life-

style. This textbook is our invitation to them to live what they learn and make the most of their health and of their lives.

This textbook also is an invitation to you as an instructor. I invite you to share your passion for education and to enter into a partnership with the editorial team at Wadsworth Cengage Learning. We welcome your feedback and suggestions. Please let us hear from you at www.cengage.com/health. I personally look forward to working with you toward our shared goal of preparing a new generation for a healthful future.

An Overview of Changes

Following is a chapter-by-chapter listing of some of the key topics that have been added, expanded, or revised for this edition:

Chapter 1: Your Invitation to Healthy Change

Updated Section: A Report Card on the Health of Americans

Updated Section: Healthy People 2010/2020

Updated Section: Health Disparities

Updated Section: The Toll of Poverty

New Section: Strategies for Prevention: If You Are at Risk

Updated Section: A Report Card on the Health of Young Adults

New Reality Check

New Health on a Budget: Invest in Your Future

Updated Section: Healthy Campus 2010/2020

New Point/Counterpoint: Who Is Responsible for Students’ Health?

Updated Section: Make Quality Health-Care Decisions

New Section: Finding Good Advice Online

New Section: Getting Medical Facts Straight

New Section: Making Sense of Medical Research

New Section: Evidence-Based Medicine

New Consumer Alert: Too Good to Be True?

Updated Section: The Stages of Change

New Making Change Happen: Choosing Change

Chapter 2: Psychological and Spiritual Well-Being

New Making Change Happen: Soul Food

Updated Section: Practicing Positive Psychology

Updated Section: Boosting Emotional Intelligence

Updated Section: Pursuing Happiness

New Health on a Budget: Happiness for Free!

Updated Section: Spiritual Health

New Section: Spirituality and Physical Health

New Section: Deepening Spiritual Intelligence

Updated Section: Enriching Your Spiritual Life

Updated Section: Praying

Updated Section: Forgiving

New Community Focus: Volunteering on Campus

Updated Section: Sleepless on Campus

Updated Section: Sleep’s Impact on Health

Updated Section: What Happens When We Sleep?

Updated Section: Sleep Disorders

Updated Section: How Much Sleep Do You Need?

New Section: Sleeping Pills

New Consumer Alert: Sleeping Pill Precautions

Chapter 3: Personal Stress Management

Updated Section: What Causes Stress?
Updated Section: Stress and the Heart
New Consumer Alert: Stress Scams
Updated Section: Stress on Campus
Updated Section: Students under Stress
New Section: Economic Stress
New Health on a Budget: How to Handle Economic Stress
New Community Focus: The Stress of Homelessness
New Section: Cognitive Restructuring
New Section: Exercise
New Section: Traumatic Life Events and Stress
Updated Section: Posttraumatic Stress Disorder
New Making Change Happen: Do It Now!

Chapter 4: Taking Care of Your Mind

New Making Change Happen: Your Psychological Self-Care Pyramid
Updated Section: Understanding Mental Health
Updated Section: The Mind-Body Connection
Updated Section: The Exercise Prescription
Updated Section: Mental Health on Campus
New Health on a Budget: Count Your Blessings
New Consumer Alert: The Pros and Cons of Antidepressants
Updated Section: Suicide in the Young
New Reality Check
New Section: Suicide on Campus
Updated Section: Factors That Lead to Suicide
New Community Focus: Preventing Suicide

Chapter 5: The Joy of Fitness

Updated Section: Gender, Race, and Fitness
New Making Change Happen: Motivating Yourself to Get Moving
New Section: Physical Activity Guidelines for Americans
Updated Section: Stepping Out: Walk the Walk
New Section: Drugs Used to Boost Athletic Performance
New Consumer Alert: Watch Out for “Pump Fiction”
New Health on a Budget: Low-Cost Fitness Aids

Chapter 6: Personal Nutrition

New Making Change Happen: Mind over Platter
Updated Reality Check
Updated Section: Forms of Carbohydrates
Updated Section: Vitamin D
Updated Section: Phytochemicals
Updated Section: Dietary Supplements
New Community Focus: Feeding the World
Updated Section: Eating Guidelines for Americans
New Section: Alternative Guidelines
New Health on a Budget: Frugal Food Choices
Updated Section: Campus Cuisine: How College Students Eat
Updated Section: Fast Food: Nutrition on the Run
Updated Section: You Are What You Drink
Updated Section: Soft Drinks
Updated Section: Mediterranean Diet
Updated Section: What Is Organic?
New Consumer Alert: Spot the Hype!

Chapter 7: Managing Your Weight

New Section: The Social Context
Updated Reality Check
Health on a Budget: Hold the Line!
Updated Section: Weight Loss Diets
New Section: High-Carbohydrate, Low-Fat (Ornish)
New Section: Low-Carbohydrate, High-Protein (Atkins)
New Section: Low-Carbohydrate (Zone)
New Section: Carbohydrate Modified (South Beach)
New Section: Low-Calorie (Weight Watchers)
New Section: Very-Low-Calorie Diets
New Consumer Alert: Dubious Diets
New Making Change Happen: Thinking Thinner
Updated Section: Obesity Surgery

Chapter 8: Communicating and Relating

New Section: Social Networking
New Reality Check
New Making Change Happen: Listen Up
Updated Section: How Men and Women Communicate
New Consumer Alert: Online Flirting and Dating
New Health on a Budget: Money Can't Buy Love
Updated Section: Committed Relationships
Updated Section: Cohabitation
Updated Section: Marriage

Chapter 9: Personal Sexuality

New Making Change Happen: What's Your Intimacy Quotient?
Updated Section: Premenstrual Syndrome
Updated Section: Creating a Sexually Healthy Relationship
Updated Section: Making Sexual Decisions
Updated Reality Check
New Health on a Budget: The Secret to a Good Sexual Relationship
Updated Section: Teen Sexual Behaviors
New Consumer Alert: Sex in Cyberspace
Updated Section: Sexual Dysfunction

Chapter 10: Reproductive Choices

New Making Change Happen: To Have or Have Not
Updated Reality Check
New Health on a Budget: The Cost of Contraception
New Section: A Cross-Cultural Perspective
Updated Section: Hormonal Contraceptives
New Consumer Alert: The Risks of Contraceptives
Updated Section: Contraceptive Implant (Implanon)
Updated Section: Emergency Contraception
Updated Section: How It Works

Chapter 11: Avoiding Addictions

New Section: Risky Behaviors
New Health on a Budget: Develop a Positive Addiction
New Making Change Happen: Don't Go There
Updated Section: Gambling on Campus
Updated Section: Drug Use on Campus
Updated Section: Why Students Don't Use Drugs
Updated Section: Why Students Use Drugs
Updated Reality Check
New Consumer Alert: Avoid Medication Mistakes

Updated Section: Prescription Drug Abuse on Campus

Updated Section: Prescription Stimulants

Updated Section: Cocaine

Chapter 12: Alcohol Use, Misuse, and Abuse

Updated Section: Alcohol Use

Updated Section: Drinking on Campus

New Making Change Happen: Your Alcohol Audit

Updated Section: Why Student's Don't Drink

Updated Section: Why Students Drink

Updated Section: High-Risk Drinking on Campus

Updated Section: Binge Drinking

New Section: Who Binge-Drinks in College?

New Section: Predrinking

New Section: Why Is Predrinking Popular?

New Health on a Budget: Drink Less, Save More

New Section: The Perils of Predrinking

Updated Section: Underage Drinking on Campus

New Point/Counterpoint: Should the Drinking Age
Be Lowered?

Updated Section: Alcohol-Related Problems on Campus

New Section: How Schools Are Sobering Up

New Community Focus: Changing the Culture of Campus
Drinking

Updated Section: Understanding Alcohol

Updated Section: Cancer

Chapter 13: Tobacco Use, Misuse, and Abuse

New Section: Tobacco Use: A Global View

New Health on a Budget: The Toll of Tobacco

Updated Reality Check

Updated Section: Why People Start Smoking

Updated Section: Smoking, Gender, and Race

New Making Change Happen: Butt Out

New Section: Virtual Support

New Consumer Alert: "Safer" Cigarettes

Updated Section: Environmental Tobacco Smoke

Updated Section: Health Effects of Secondhand Smoke

New Section: Tobacco Control Policies

New Community Focus: Clear the Air!

Chapter 14: Preventing Major Disease

Updated Section: The Power of Prevention

New Health on a Budget: Lowering Your Cardiometabolic Risks

New Section: Insulin Resistance and Prediabetes

New Section: Can Diabetes Be Cured?

New Section: Medications

New Making Change Happen: Taming a Toxic Temper

Updated Section: Aspirin and the Heart

Updated Section: Stroke

New Section: Silent Strokes

Updated Section: Cancer

New Consumer Alert: Are You Addicted to Tanning?

Updated Section: Cervical Cancer

New Section: Screening for HPV and Cervical Cancer

Chapter 15: Avoiding Infectious Diseases

New Section: Inflammation

New Section: Systemic Disease

Updated Section: Allergies

Updated Section: Autoimmune Disorders

New Health on a Budget: Caring For Your Cold

New Making Change Happen: Sleep Power

New Consumer Alert: The Perils of Piercing

Updated Section: Mononucleosis

New Section: *Herpes Gladiatorum* (Mat Herpes, Wrestler's Herpes,
Mat Pox)

Updated Section: The "Superbug" Threat: MRSA

New Section: H1N1 Virus and Influenza (Swine Flu)

New Section: Transmission of H1N1 Virus

New Section: Symptoms of H1N1 Flu

Chapter 16: Lowering Your Risk of Sexually Transmitted Infections

New Making Change Happen: The Sexiness of Safer Sex

Updated Section: STIs in Society

New Reality Check

Updated Section: STIs on Campus

Updated Section: Human Papillomavirus

New Consumer Alert: Should You Get the HPV Vaccine?

Updated Section: Genital Herpes

Updated Section: Chlamydia

Updated Section: Pelvic Inflammatory Disease (PID)

Updated Section: Gonorrhea

Updated Section: Syphilis

New Section: Trichomoniasis

Updated Section: HIV and AIDS

New Health on a Budget: No-Cost Ways to Reduce Your Risk
for HIV Infection

Chapter 17: Getting Quality Traditional and Nontraditional Health Care

New Making Change Happen: Health Assurance

New Health on a Budget: Getting Your Money's Worth from a
Medical Visit

New Consumer Alert: Health Hoaxes

Updated Section: Getting Quality Nontraditional Health Care

Updated Section: Who Uses CAM

Updated Section: Alternative Medical Systems

Chapter 18: Protecting Yourself from Injury, Violence, and Victimization

Updated Section: Personal Safety

New Making Change Happen: Your Guardian Angel

Updated Section: Check for Air Bags

Updated Section: Use Cell Phones Safely

New Consumer Alert: Bicycle Helmet Heads Up

New Health on a Budget: Do-It-Yourself Security Program

Updated Section: Hazing

Updated Section: Stalking

Updated Section: Dating Violence

New Reality Check

Updated Section: Acquaintance or Date Rape

New Community Focus Box: Halting Violence on Campus

Chapter 19: Creating a Healthier Environment

New Making Change Happen: Going Green

New Community Focus: Creating a Healthier World

New Section: Working Toward Sustainability

New Consumer Alert: Change That Bulb!
 Updated Section: Is Bottled Better?
 New Section: Portable Water Bottles
 Updated Section: Indoor Pollutants: The Inside Story
 New Section: Environmental Tobacco Smoke
 Updated Section: Radon
 New Section: Molds and Other Biological Contaminants
 New Section: Household Products
 Updated Section: Formaldehyde
 Updated Section: Pesticides
 Updated Section: Asbestos
 Updated Section: Lead
 Updated Section: Carbon Monoxide and Nitrogen Dioxide
 New Health on a Budget: No- and Low-Cost Ways to “Green”
 Your Space
 New Section: Cell Phones
 Updated Section: Taking Care of Mother Earth

Chapter 20: A Lifetime of Health

New Making Change Happen: Finding Life’s Meaning
 Updated Section: The Aging of America
 New Health on a Budget: “Buy” Yourself a Longer Life
 Updated Section: The Aging Brain
 Updated Section: Hormone Therapy
 Updated Section: Alzheimer’s Disease
 New Consumer Alert: Can You Really Turn Back Time?
 Updated Section: Death and Dying
 Updated Section: Grief

Supplemental Resources

An Invitation to Personal Change

A key part of our integrated *An Invitation to Health: Choosing to Change* approach to lifelong healthy choices is the supplement, *An Invitation to Personal Change (IPC)*, coauthored by Dianne Hales and Kenneth W. Christian, Ph.D., a psychologist with more than 30 years of experience in personal change and maximum potential. Based on decades of psychological research and clinical practice, *IPC* serves as a curriculum for change, inviting students to take appropriate action in simple, compellingly straightforward ways.

The *IPC* icons throughout this book signal links to *Labs for An Invitation to Personal Change*, which present step-by-step blueprints for creating healthier habits, eliminating harmful behaviors, maximizing performance, and achieving greater physical, psychological, and spiritual well-being. The labs focus on key dimensions of personal health, including:

- Psychological and spiritual well-being (“The Grateful Thread,” “Soul Food,” “Your Psychological Self-Care Pyramid,” “Defusing Test Stress,” “Rx: Relax,” “Taming a Toxic Temper,” “Finity”).
- Healthy habits (“Excise Exercise Excuses,” “Thinking Thinner,” “Mind over Platter,” “Sleep Power”).
- Behavioral Choices (“Do It Now,” “Don’t Go There,” “Your Alcohol Audit,” “Butt Out,” “The Seduction of Safer Sex,” “To Have or Have Not”).
- Communication skills (“Listen Up,” “Help Yourself,” “What’s Your Intimacy Quotient?”).

- Social dimensions of health (“Health Assurance,” “Your Guardian Angel,” “YourSpace”). We invite you to sample *An Invitation to Personal Change* by going to servicedirect.cengage.com.

CengageNOW™ Class-tested and student-praised, CengageNOW™ offers a variety of features that support course objectives and interactive learning. This online tutorial for students, available with new texts, offers a Personalized Change Plan, pre- and post-tests, a wellness journal, and a variety of activities, all designed to get students involved in their learning progress and to be better prepared for class participation and class quizzes and tests. Students log on to CengageNOW by using the access code available with the text.

PowerLecture for Health, Fitness, and Wellness: A Microsoft® PowerPoint® Link Tool This teaching tool contains lecture presentations that feature more than 100 PowerPoint® slides, including a text outline, art, ABC Videos, and resources such as the Instructor’s Manual with Test Bank, all on one convenient DVD. PowerLecture also includes JoinIn® on TurningPoint™ content, which allows you to enhance your students’ interaction with you, your lecture, and each other using JoinIn® content for Response Systems tailored to the text.

Instructor’s Manual and Test Bank These two essential ancillaries are bound together for your convenience. The Instructor’s Manual provides chapter outlines, learning objectives, classroom handouts, discussion questions, a video list, a resource integration guide, and more. The Test Bank has been thoroughly revised to include test questions that are linked to the book’s Chapter Objectives. Questions within the Test Bank has been categorized according to Bloom’s taxonomy, and are broken down by types: remembering/fact recall, understanding, applying, and analyzing.

JoinIn® on Turning Point™ Enhance how your students interact with you, your lecture, and each other using JoinIn® content for Response Systems tailored to this text. Cengage Learning’s exclusive agreement to offer TurningPoint™ software lets you pose book-specific questions and display students’ answers seamlessly within the Microsoft® PowerPoint® slides of your own lecture, in conjunction with the “clicker” hardware of your choice.

ExamView Computerized Testing Create, deliver, and customize the thorough Test Bank in minutes with this easy-to-use assessment and tutorial system. *ExamView* offers both a *Quick Test Wizard* and an *Online Test Wizard* that guide you step-by-step through the process of creating tests, while it allows you to see the test you are creating on the screen exactly as it will print or display online. You can build tests of up to 250 questions using up to 12 question types. Using *ExamView*’s complete word-processing capabilities, you can enter an unlimited number of new questions or edit existing questions.

InfoTrac® College Edition Student Guide for Health This 24-page booklet offers detailed guidance for students on how to use the *InfoTrac College Edition* database. Includes log-in help, a complete search tips “cheat sheet,” and a topic list of key word search terms for health, fitness, and wellness. Available *free* when packaged with the text.

Careers in Health, Physical Education, and Sport This is the essential manual for majors who are interested in pursuing a position in their chosen field. It guides them through the complicated process of picking the type of career they want to pursue, suggests how to prepare for the transition into the working world, and offers information about different career paths, education requirements, and reasonable-salary expectations. The supplement also describes the differences in credentials found in the field and testing requirements for certain professions.

Diet Analysis Plus 9.0 This is the market-leading diet assessment program used by colleges and universities that allows students to create their own personal profiles based on height, weight, age, sex, and activity level. Its new dynamic interface makes it easy for students to track the types and serving sizes of the foods they consume, from one day to 365 days! Now including even more exciting features, the updated 9.0 version includes a 20,000+ food database, ten reports for analysis, a food recipe feature, the latest Dietary References, and goals and actual percentages of essential nutrients, vitamins, and minerals. New in 9.0 are assignments designed to guide students in using their personal information to analyze and improve their eating habits. Students can use this information to adjust their diet and gain a better understanding of how nutrition relates to their personal health goals. Thoroughly revised and updated, the software is available online or on a new Windows/Mac® compatible CD-ROM.

Behavior Change Workbook *The Behavior Change Workbook* includes a brief discussion of the current theories behind making positive lifestyle changes, along with exercises to help students effect those changes in their everyday lives.

Health and Wellness Resource Center at gale.cengage.com Gale's Health and Wellness Resource Center is a new comprehensive website that provides easy-to-find answers to health questions.

Walk4Life® Elite Model Pedometer This pedometer tracks steps, elapsed time, distance, and includes a calorie counter. Whether used as an activity in class or as a tool to encourage students to simply track their steps and walk toward better fitness awareness, this is a valuable item for everyone.

Readings in Healthy Living As a frequent author of health-related articles produced by Parade® Magazine, Dianne Hales has published numerous articles that students will find useful and interesting. This 12-article reader is a collection of key articles, including "Take Your Meds—The Right Way" and "You Can Think Yourself Thin."

ABC Videos for Health and Wellness These videos, available on the PowerLecture DVD, allow you to integrate the news-gathering and programming power of the ABC News networks into the classroom to show students the relevance of course topics to their everyday lives. The videos include news clips correlated directly with the text and can help you launch a lecture, spark a discussion, or demonstrate an application. Students can see firsthand how the principles they learn in the course apply to the stories they hear in the news.

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Dianne Hales is one of the most widely published and honored freelance journalists in the country. She has written 14 trade books, including *La Bella Lingua*, *Think Thin*, *Just like a Woman*, and *Caring for the Mind*, as well as articles for many nationally publications such as *Family Circle*, *Fitness*, *Glamour*, *Good Housekeeping*, *Health*, *Mademoiselle*, *McCall's*, *New York Times*, *Psychology Today*, *Reader's Digest*, *Redbook*, *Science Digest*, *Self*, *Seventeen*, *Washington Post*, *Woman's Day*, and *World Book*. She has served as a contributing editor for *Parade*, *Ladies Home Journal*, *Working Mother*, and *American Health*.

Dianne Hales has received writing awards from the American Psychiatric Association, the American Psychological Association, an EMMA (Exceptional Media Merit Award) for health reporting from the National Women's Political Caucus and Radcliffe College, three "EDI" (Equality, Dignity, Independence) awards for print journalism from the National Easter Seal Society, the National Mature Media Award, Arthritis Foundation, California Psychiatric Society, CHADD (Children and Adults with Attention Deficit/Hyperactivity), Council for the Advancement of Scientific Education, and the New York City Public Library.



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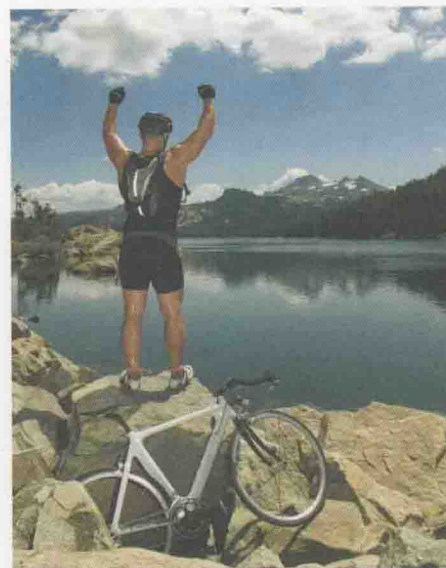
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