

fourth edition



ROBBINS

POWERS

BURGESS

A
WELLNESS
Way of Life

A WELLNESS Way of Life

fourth edition

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A
WELLNESS
Way of Life

P R E F A C E

This book is about enjoying life—living it to your fullest potential. The purpose of *A Wellness Way of Life* is to help you pursue a wellness lifestyle. Everyone has a personal wellness goal—lose a couple of pounds, quit smoking, start exercising, learn how to eat right, manage stress. But how do you make that goal a reality? *A Wellness Way of Life* can motivate and guide you toward making positive, healthy lifestyle changes that last.

We wanted to provide a book that would present a body of knowledge that goes beyond fitness. This knowledge helps you make informed, responsible decisions affecting your wellness. However, we know it takes much more than knowledge. It takes personal commitment, self-management skills, and coping strategies to live a healthy lifestyle. Therefore, a primary focus of this book is identifying behavior changes that you can easily incorporate into your life. Our goal is not only to deliver fitness and health information, but also to motivate and guide you toward making positive choices.

Abraham Lincoln said, “We are about as happy as we make up our minds to be.” We believe that one secret to happiness is having the competence and confidence to make informed decisions that affect your daily well-being. Self-responsibility and self-empowerment are means of increasing the quality and quantity of life. There is no better feeling than to know that you are doing something good for yourself! As you read each chapter, you will learn strategies for taking control of your life and discover the joy in traveling the wellness journey. This book will help you wade through the myriad of health and wellness information and ultimately make you an informed wellness consumer. The end result will be the indescribable joy in knowing you are attaining your highest potential for well-being.

Audience

This text is designed to meet the needs of a course that goes beyond the basics of physical fitness to encompass the broader scope of wellness. The content—covering all aspects of fitness, nutrition, weight management, stress management, heart health, and substance use and abuse—easily accommodates a variety of fitness, wellness, and health courses. It is a flexible book that fits nicely into a lecture/fitness activity format. The text has been classroom-tested since the late 1980s in one of the first fitness/wellness programs that started the current trend that is sweeping the nation.

New Features in This Edition

Based on the idea of self-responsibility, *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's an open, accessible resource that minimizes technical jargon and presents health as a positive, dynamic process. New features for this fourth edition include:

- Exciting and practical learning activity labs are now located at the end of each chapter and help students apply what they have learned.
- Each new text includes an exercise band for use in each student's personal fitness program. The back cover of this text demonstrates how to effectively use this new exercise equipment. This handy guide can be detached for future reference.

- Three additional pullout sections are included at the end of the text, featuring a free weight exercise routine, back exercises, and a flexibility series. These handy guides can be detached for future reference.
- Information from the new Surgeon General's Report on Physical Activity and Health is included, providing realistic guidelines for the amount of exercise needed to stay healthy.
- The Prochaska Stages of Change Model (discussed below), which helps students make behavioral changes, is woven throughout the text.
- Expanded information broadens students' understanding of eating disorders, heart health, weight management, prevention of date rape, and stress management.
- Updated information on methamphetamines, over-the-counter stimulants, LSD, heroin, and the clock method for smoking cessation is included.
- Updated nutrition information on antioxidants, phytochemicals, calcium requirement, and trans fats is included.
- Age-related fitness norms and a new activity pyramid help students understand how fitness and activity can become a lifetime pursuit.
- New Appendices (Outside Reading Assignments worksheets and Reaction Papers to Guest Speakers worksheets) enhance student learning outside the classroom.
- Internet addresses are now included at the end of each chapter, enabling students to explore the World Wide Web for wellness information.
- Wellness trends and challenges for the future (environmental concerns, alternative medicine, mind-body health, diversity issues, and aging) are addressed.
- The new book design, featuring a two-column format and end-of-chapter activity labs, improves readability and helps students more easily find activities related to chapters.

Why the Prochaska Stages of Change Model?

The Prochaska Stages of Change Model is included in this text because of its proven effectiveness in changing behavior. This revolutionary new model presents concrete strategies rather than vague resolutions to help people make permanent lifestyle changes. Psychologists James Prochaska, John Norcross, and Carlo DiClemente

studied individuals who had successfully changed health-related behaviors on their own. What these researchers discovered during their years of studying behavior change is that individuals progress through distinct stages of change on their way to improved well-being. Their initial research was done on people who quit smoking but has expanded to cover other health behaviors. The stages of change are as follows:

1. *Precontemplation.* People at this stage see no problem with their behavior and have no intention of changing it.
2. *Contemplation.* In this stage, people come to understand their problem and its causes, and they start to think about taking action to solve it.
3. *Preparation.* In the preparation stage, people are planning to take action within the next month and are putting together a plan of action.
4. *Action.* A person in the action stage has taken the leap and is actively making behavior changes.
5. *Maintenance.* Even after action has been taken successfully, it must be maintained to prevent relapse.

Prochaska and his colleagues noted that certain behavioral change techniques work better than others in some stages of change. This model has received a great deal of attention in both the popular press and among health educators. Prochaska et al. published a successful trade book called *Changing for Good* on how to use their model to change behavior successfully. We hope this method assists you in your wellness journey.

Pedagogical Highlights

A Wellness Way of Life includes a number of built-in resources that make learning easy:

Chapter Objectives. Found at the beginning of each chapter, the objectives provide a starting point and focus for readers.

Key Terms. Important terms are highlighted in bold-face to catch students' attention, increase retention, and indicate glossary terms.

Chapter Summary. The key points from each chapter are summarized at the end to increase student comprehension and retention of vital information.

References. Accurate and current documentation is provided at the ends of the chapters.

Suggested Readings. A number of sources for additional reading and research are cited to provide students with a handy, useful reference.

Internet Addresses. Selected internet sites are included to help students explore wellness topics outside of the classroom.

Resources. A listing of additional current resources is provided to encourage further exploration.

Activity Labs. Located at the end of each chapter, these labs help students apply chapter information into everyday action.

Appendices and Activities. These provide information on specific activities for the development of fitness, such as aerobic dance, bicycling, fitness swimming, indoor exercise equipment, jogging, walking, and water exercise/aqua aerobics. Additional appendices supplement outside learning.

Supplements

Instructor's Manual/Test Bank. This valuable resource provides everything instructors need to make the most of *A Wellness Way of Life*, from chapter overviews to teaching strategies. It includes a comprehensive Test Bank which makes testing easier, with over 1,200 test questions.

Microtest III. Testing, quizzing, and grading are easy with the help of this software for IBM and Macintosh.

Transparency Acetates. A set of 50 full-color transparencies vividly illustrates important concepts.

Health Net: A Health & Wellness Guide to the Internet: This booklet allows you access to a broad range of health resources available on the Internet. Students can purchase this with a new text for a nominal fee.

Berkeley Wellness Newsletter. Qualified adopters of *A Wellness Way of Life* may receive a free subscription to the *Berkeley Wellness Newsletter*.

NutriQuest. For additional help on nutrition and diet, *NutriQuest* helps students analyze their eating habits, as well as realize the impact of lifestyle changes on their nutritional needs.

HealthQuest. Assisting students in designing their own personal lifestyle changes, *HealthQuest* prompts users to answer a variety of questions and then recommends specific behavioral modifications.

Please contact your WCB/McGraw-Hill sales representative for more information about these and other available ancillaries.

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We dedicate this fourth edition to the fitness/wellness faculty at Ball State University. Their tireless devotion to teaching students is inspirational.

Sharon Burgess
Gwen Robbins
Debbie Powers

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