

# WELLNESS



## Concepts and Applications

Second Edition

David J. Anspaugh  
Michael H. Hamrick  
Frank D. Rosato

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**David J. Anspaugh, P.E.D., Ed.D., CHES**

Professor, Health, Physical Education, and Recreation  
Memphis State University  
Memphis, Tennessee

**Michael H. Hamrick, Ed.D., CHES**

Professor, Health, Physical Education, and Recreation  
Memphis State University  
Memphis, Tennessee

**Frank D. Rosato, Ed.D.**

Professor, Health, Physical Education, and Recreation  
Memphis State University  
Memphis, Tennessee

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Editor-in-Chief: James M. Smith  
Editor: Vicki Malinee  
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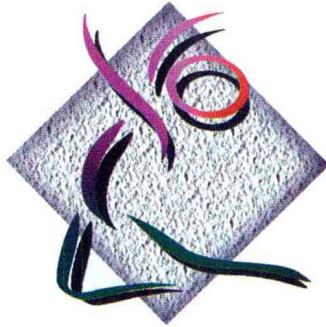
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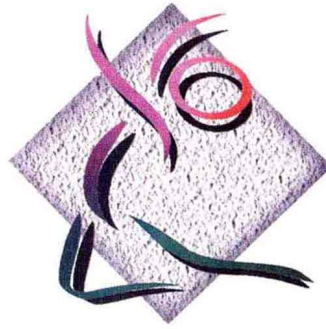
# WELLNESS



**Concepts and Applications**

**To the memory of our friend and colleague  
Elijah Vance “Lige” Turman**





# Preface

*Wellness: Concepts and Applications* is unique because it assumes that health is not a destination but a journey. Wellness is not a static condition but a continual balancing of the different dimensions of human needs—spiritual, social, emotional, intellectual, and physical. Because we are all responsible for our own growth in these areas, this book strives to emphasize the importance of self-responsibility. And because we know that knowledge alone stimulates change for very few people, the reader is challenged to be actively involved in the learning process by constantly assessing how the information presented affects lifestyle from a personal perspective.

*Wellness: Concepts and Applications* is neither a fitness book nor a personal health text. Instead this text is designed to help students gain knowledge and understanding in a variety of areas, with the goal being to take that information and use it to make behavioral changes that will have a positive impact on their lives. In many cases these changes are necessary if people are to develop the skills, attitudes, beliefs, and habits that will ultimately result in the highest possible level of health and wellness.

## Audience

When the fitness/wellness concept appears in university courses and programs, it is usually a scaled-down model of the traditional personal health course or an upscale version of physical fitness courses. In some cases it is a hybrid of both personal health and fitness courses, with emphasis on self-participation in the medical marketplace. In terms of content, *Wellness: Concepts and Applications* is a

hybrid because the physical components of wellness are blended with its many other components. However, caution will be exercised to avoid covering topics commonly found in personal health texts. The primary objectives of this text are to present cognitive health and wellness information appropriate for today's college students and to offer suggestions for their application. These suggestions consist of lifestyle behaviors over which people can exert some control. The emphasis is on self-responsibility, and this theme is implemented through a strong self-analysis and assessment component.

## New Highlights to This Edition

Every chapter of *Wellness: Concepts and Applications* has been carefully updated. New chapters, features, and issues found in this edition are highlighted below.

### Increased Coverage of Fitness

Each of the health-related components of fitness, including cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition, is now covered in its own separate chapter. Additional fitness laboratories and tests have also been added and are located in the Assessment Activities at the end of each chapter.

Chapter 3, "Cardiorespiratory Endurance," presents the guidelines for developing cardiorespiratory or aerobic fitness. The principles of aerobic fitness are identified and examined, and basic physiological changes that occur from training are discussed. Temperature regulation and mechanisms of heat loss are discussed with tips on how to safely exercise in



different environmental conditions. Chapter 4, “Muscular Strength and Endurance,” examines selected methods for developing muscular strength and endurance. The principles for developing these components are discussed and various exercises are illustrated using machine weights and free weights. A rationale for resistance training is presented, as are the health implications. Chapter 5, “Flexibility,” discusses the components of flexibility, the types of stretching, and how to stretch safely. The chapter also provides information on how to lift properly to prevent injury. Chapter 7, “Body Composition” differentiates between obesity and overweight while presenting the health implications of obesity and regionally distributed fat. The chapter presents the different ways of measuring body composition as well as the principles and methods for achieving desirable body weight.

### **Updated Coverage of Nutrition**

Chapter 6, “Forming a Plan for Good Nutrition,” has been extensively revised to include the latest information on the dietary guidelines for Americans, the new food pyramid, suggestions to lower the risk of cancer, and the new food labeling laws that include reference daily intakes for essential vitamins and the daily reference values for fat, saturated fat, cholesterol, sodium, carbohydrates, potassium, and fiber. A discussion on vitamin supplements and antioxidants is also included.

### **Updated coverage of weight control**

Chapter 8, “Overcoming the Diet and Weight Obsession,” discusses current theories associated with the development of fat cells, weight gain, and obesity. Hazards associated with dieting in general and with popular fad diets are pointed out. The eating disorders bulimia and anorexia nervosa are also discussed. The chapter stresses that the positive effects of exercise on body composition and weight management is the most healthful solution for weight control. The chapter concludes with a detailed plan for lifetime management of weight control.

### **Updated Coverage of Additional Topics**

Chapter 1, “Wellness and Fitness: Managing Lifestyle Change,” presents the basic wellness model including the concepts of self-responsibility for enhancing quality of life. The benefits of high-level wellness are identified, and opportunities are provided to determine positive and negative behaviors in the quest for a higher quality of health. Steps to initiate lifestyle change are discussed. Chapter 2, “Cardiovascular Health and Wellness,” has been

completely revised to reflect the latest aspects of cardiovascular health, including prevention and treatment. For example, physical activity and longevity and the benefits of antioxidants are presented. The emphasis of the chapter is on those lifestyles that reduce the risk for cardiovascular disease. Chapter 9, “Coping With and Managing Stress,” examines the factors that cause stress and the psychological effects of stress on the body. Activities are provided to help students identify their personal stressors and determine effective means for dealing with stress. This includes expanded coverage of relaxation techniques. Chapter 10, “Assuming Responsibility for Substance Abuse,” provides information on tobacco products, cocaine, marijuana, and other drugs, including the potential negative effects of each. New discussions of the addictive personality and the nicotine patch are also included. Activities are provided to emphasize the importance of taking individual responsibility for substance use. Chapter 11, “Preventing Sexually Transmitted Diseases,” provides the latest information on HIV, AIDS, chlamydia, herpes, and other diseases, with an emphasis on following safer sex practices. Chapter 12, “Impact of Lifestyle on Common Conditions,” has been updated to include the timely topic of osteoporosis. Coverage of cancer has been expanded to include the health effects of tanning devices. New findings regarding the advantages of exercise as a preventive strategy are emphasized. The chapter continues to emphasize the role of lifestyle in the prevention of these conditions. Chapter 13, “Self-Responsibility in the Health-Care Market,” discusses the importance of making wise decisions in the health-care market. New and expanded topics include self-care home medical test kits, sources of information, health insurance, and diagnostic tests. The chapter also provides guidelines for determining when, where, and how to choose health care wisely and includes suggestions for identifying information that can be trusted.

### **Revised Appendixes**

Appendix A, “Lifestyle Assessment Inventory,” should be completed at both the beginning and the end of the course. It will provide a picture of how current lifestyle patterns are shaping students’ lives and provide a comparison to determine lifestyle improvements. Keep in mind that there are no right or wrong answers. The only useful answer is one that best reflects current practices. Appendix B, “Assessment Activity Scoresheet,” is completed by filling in the first scores obtained from the Assessment Activities. The Assessment Activities can be retaken at the end of the course or at a later time to help form a



comprehensive picture of how well the individual student is doing and the personal progress toward a higher quality of life. Appendix C, “Food Composition Tables,” has been expanded to include more cereals, combination foods, and fast foods and also includes skim milk.

## Content Highlights

Important features unique to *Wellness: Concepts and Applications* make it distinct from other texts.

**Balanced approach:** Unlike other approaches that emphasize only physical fitness as a major route to wellness, *Wellness: Concepts and Applications* provides a balanced presentation of the health benefits of exercise, diet, and cardiovascular wellness, along with the management of lifestyle change and consumer responsibility to achieve lifetime wellness.

**Complete lifestyle decision-making information:** Along with Assessment Activities that help apply the content, coverage of substance use, sexually transmitted diseases, and chronic health conditions is provided to enable and encourage responsible student decision-making.

**Consumer-oriented:** Chapter 13, “Self-Responsibility in the Health-Care Market,” offers information to help students become wise consumers.

**Interdisciplinary author team:** Two health educators and a fitness educator presently teaching wellness courses have combined their expertise to provide the most balanced presentation possible.

**Full-Color:** A full-color format is used throughout the photographs, line drawings, and design of the text to increase visual impact and to enhance the teaching-learning process.

## Pedagogical Highlights

*Wellness: Concepts and Applications* uses a variety of learning aids to enhance student comprehension.

**Key Terms:** The most important terms for student retention have been boldfaced in the text for easy identification.

**Chapter Objectives:** These are introduced at the beginning of each chapter. They assist the student in identifying the chapter’s key topics. Accomplishing the objectives indicates fulfillment of the chapter’s intent.

**Chapter Summaries:** These identify the major parts of the chapter and reinforce the chapter objectives.

**Action Plan for Personal Wellness:** These are provided at the end of the chapters to help students

identify plans to implement change based on knowledge gained from the chapter.

**Review Questions:** Questions are provided to help students review and analyze material for overall understanding.

**References:** Accurate and current documentation is provided at the end of the chapters.

**Annotated Readings:** Additional current resources are provided for students to obtain further information.

**Assessment Activities:** Each chapter concludes with at least two Assessment Activities to help students apply the content learned in the chapter to their own personal decision-making. The text is perforated for easy removal of the Assessment Activities.

**Appendixes:**

- ▶ **Lifestyle Assessment Inventory**—Students complete the inventory at the beginning and end of the course to determine their lifestyle improvements.
- ▶ **Assessment Activity Scoresheet**—Students enter their scores from the Assessment Activities. The Assessment Activities can then be retaken at a later time to determine how well they are doing in moving toward a higher quality of life.
- ▶ **Food Composition Tables**—The nutritive values of common food items are provided. These values assist students in completing Assessment Activities in Chapter 6.

**Glossary:** A comprehensive glossary is provided at the end of the text that includes all key terms as well as additional terms used in the text. In addition, cross-references to the text are provided after each definition.

## Supplements

An extensive package is available to the adopters of *Wellness: Concepts and Applications*. The package has been developed to assist the instructor in obtaining maximum benefit from the text. Each ancillary has been thoroughly reviewed to provide the highest quality possible. These features, which will enhance the appeal of the text, are the following:

**Instructor’s Manual and Test Bank:** Each chapter begins with a brief overview of the content followed by a list of the objectives for that chapter. A detailed lecture outline and additional class activities have been developed for each chapter. Each chapter concludes with a resource section, including relevant media, software, and organization sources, and additional annotated readings. The Test Bank includes more than 1400 multiple choice, true-



false, matching, and essay questions. All test items have been thoroughly checked for accuracy, clarity, and range of difficulty by instructors who also served as reviewers for the text. A special note of thanks must also be given to Beverly Zeakes of Radford University for her attention to detail in reviewing the Test Bank. The manual concludes with 65 full-page transparency masters of helpful illustrations and charts.

### Computerized Test Bank

This software provides a unique combination of user-friendly aids that enable the instructor to select, edit, delete, or add questions as well as construct and print tests and answer keys. The computerized Test Bank package is available to quali-

fied adopters of the text for the IBM and Macintosh microcomputers.

**Overhead Transparency Acetates:** A total of 54 of the text's most important illustrations, diagrams, tables, and charts are available as acetate transparencies. Attractively designed in full-color, these useful tools facilitate learning and classroom discussion and were chosen specifically to help explain difficult concepts. This package is also available to qualified adopters of the text.

### Laboratory Activity Software

For an additional charge, your students can also receive laboratory activities on disk. Please consult your Mosby sales representative for further details.

## Acknowledgments

The authors wish to express their heartfelt thanks to Susan Bingham and Susan Hunter for their support, research, and typing of the manuscript. Although unstated at times, their patience and perseverance have always been appreciated.

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Lakewood Community College

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**John G. Smith**

Long Beach City College

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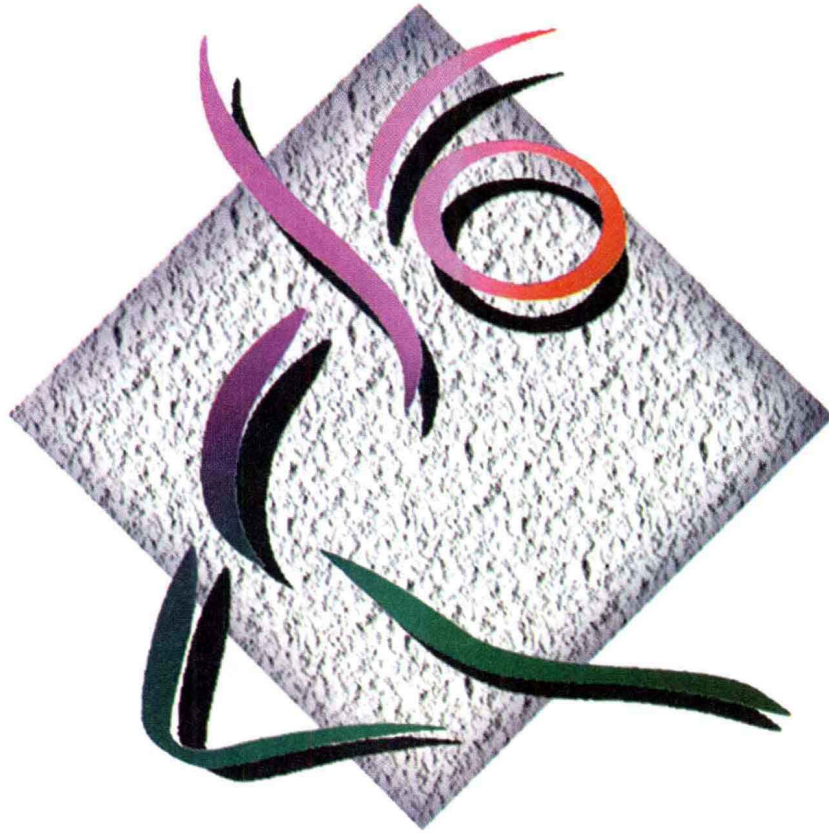
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# Wellness and Fitness: Managing Lifestyle Change



**Key terms**

behavioral contract  
health  
health promotion  
health-behavior gap  
health-promoting behaviors  
locus of control  
preventive health behaviors  
self-efficacy  
self-help  
wellness

**Objectives**

After completing this chapter you will be able to:

- ▶ Define health and wellness.
- ▶ Describe the components of wellness.
- ▶ Describe the concepts associated with making wellness decisions.
- ▶ Discuss some of the underlying assumptions of lifestyle change.
- ▶ Explain the advantages and disadvantages of various approaches to lifestyle change.
- ▶ Describe basic principles of lifestyle management.
- ▶ Formulate a self-help plan for lifestyle change.

**T**oday, the five leading causes of death in the United States are cardiovascular disease, cancer, cerebrovascular disease, accidents, and chronic obstructive pulmonary disease. These conditions accounted for 76% of the number of deaths in the United States in 1990<sup>1</sup> and show the dangers of negative lifestyle choices.

Traditionally, if an individual displayed no disease symptoms, that individual was considered “healthy.” This concept changed in the 1940s, when the World Health Organization (WHO) proposed that health was “a state of physical, mental, and social well-being and not merely the absence of disease or infirmity.”<sup>2</sup> Although this definition was an expansion of previous concepts, it still viewed health as primarily a static condition and limited the human potential to affect health. A better current definition of **health** is “a continuous balancing of the physical, emotional, social, intellectual, and spiritual components of an individual to produce happiness and a higher quality of existence.” This definition indicates that health is not static and that the potential for change is always present. Figure 1-1 depicts the way health moves along a continuum from optimal health to premature death. An individual’s position on this continuum is always subject to change and is affected by many factors, including physical health, activity level, nutritional patterns, personal demands, career goals, time of year, and effectiveness in managing stress.

The direction you move on the continuum is largely determined by the activities you pursue and your attitudes toward these activities. These activities and attitudes can prevent illness and promote health or can destroy peace of mind and physical

well-being. Because your behaviors are intrinsic to health, you must learn to assume responsibility for your health by developing the skills necessary to improve it.

**Wellness** means engaging in attitudes and behaviors that enhance quality of life and maximize personal potential. Although wellness implies working toward a highly developed level of health, it does not mean that an individual will make the best choice in every situation or that “perfect wellness” is achievable. Wellness emphasizes the need to take responsibility for engaging in behaviors that develop optimal health. The ongoing process of wellness requires daily decision making in nutrition, stress management, physical fitness, preventive health care, emotional health, and other aspects of health.

In the past, medicine approached health from a different perspective. It neither encouraged participation in activities that educated people about chronic conditions and diseases nor reduced the incidence of these diseases. Instead, it attempted to repair the consequences of disease without eliminating the causes. **Health promotion** efforts help people change their lifestyles and thereby move toward a higher state of wellness.<sup>3</sup> Wellness requires individuals seek ways to prevent, delay, or diminish the effects of chronic or disabling conditions. People choose to develop a sound diet, a sufficient exercise program, methods of managing stress, and a regular schedule of medical check-ups. They can also choose to reduce or eliminate the use of drugs, tobacco, and alcohol. The rest of this text provides information and suggests health-promoting activities to help people accept the personal challenge of wellness.