



Health And Wellness

Gordon Edlin, Eric Golanty

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The 10th edition of Health & Wellness provides a holistic view of what it really means to be healthy today. The text draws a parallel between the behaviors, social and physical environment as well as the positive mind and body attitude necessary to achieve a healthy, happy lifestyle. Several features have been developed to help students learn and understand the concepts of health and wellness in the text such as Learning Objectives, Self-assessments, key terms, epigrams and health tips. Chapters conclude with Critical Thinking about Health and encourage students to answer questions and explore their own opinions on health topics. End of chapter material includes Health in review – brief review of the chapter, Health and Wellness online a glimpse at the resources available on the web, References, Suggested readings, and recommended websites. New to the Tenth Edition: ? Study data about the effect of prayer on healing and managing stress with music ? Expanded coverage of Vitamin D deficiency and food additives ? Coverage of the sedentary lifestyle of most Americans and what constitutes physical activity/ ? Discussions on bacteria and health as well as coverage of new vaccines for HPV, herpes zoster and hepatitis E ? New information on the swine flu pandemic of 2009 Resources: Workbook for self-assessments and activities to explore health Frequently updated Health statistics website

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