

## Wellness Concepts And Applications Anspaugh 7th Edition

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In addition to being widely published in scholarly refereed journals, Dr. Anspaugh is co-author of the best-selling wellness text *Wellness: Concepts and Applications* and *Developing Health Promotion Programs*, both published by McGraw-Hill.

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~~• This concept of a health continuum negates the idea that wellness and illness are opposite because they may occur simultaneously in the same person in varying degrees~~  
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Wellness: Concepts and Applications uses the basic precepts of the wellness movement— personal responsibility, behavior change and risk reduction, and health-care consumer awareness—to introduce students to the health- and wellness-related information they need to thrive in today ' s world. The authors provide accurate, scientifically based information on wellness topics as well as assessment activities and other tools for behavior change. The authors also provide a balance among the seven dimensions of wellness while at the same time emphasizing the central roles of physical fitness, nutrition, avoidance of tobacco, and stress management as keys to a healthy life. Other fitness and wellness topics include body composition, flexibility, safety, drugs, STDs, chronic diseases, and more. Accompanying the text are instructor and student resources on the Online Learning Center.

Incorporating updated material, this edition emphasizes a proactive, balanced body/mind/spirit approach to health and fitness. The introductory textbook includes self-assessments, a nutritional analysis of foods from selected fast-food restaurants, the latest USDA food guide, a self-care guide for common ailments, and color graphics. An auxiliary o

This text uses the foundations of the wellness movement—responsibility for oneself, behavior change and risk reduction, and health-care consumer awareness—to introduce students to the content needed for today's wellness courses. Offering balanced coverage of fitness and wellness topics, the sixth edition is also accompanied by an Online Learning Center.

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Wellness: Concepts and Applications uses the foundations of the wellness movement: self-responsibility, behavior change and risk reduction, and health-care consumer awareness, to introduce students to the content of wellness. Balanced coverage of fitness and wellness topics ensures that this text provides the content needed for today's wellness courses. Now comes packaged with the latest version of HealthQuest to help students apply concepts to their own lives.

This text uses the foundations of the wellness movement - responsibility for oneself, behavior change and risk reduction, and health-care consumer awareness - to introduce students to the content needed for today's wellness courses. Offering balanced coverage of fitness and wellness topics, the seventh edition is also accompanied by an Online Learning Center.

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