

CORBIN'S Concepts of Fitness and Wellness

A Comprehensive
Lifestyle Approach

— 13e

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Charles B. Corbin

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Corbin's Concepts of **Fitness and Wellness**

A Comprehensive Lifestyle Approach

THIRTEENTH EDITION

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CORBIN'S CONCEPTS OF FITNESS AND WELLNESS: A COMPREHENSIVE LIFESTYLE APPROACH,
THIRTEENTH EDITION

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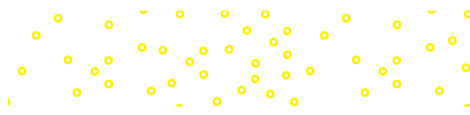
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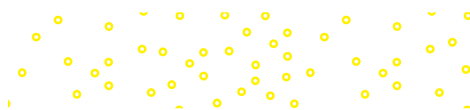
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Features

Corbin's Concepts of Fitness and Wellness includes magazine-like features that help students integrate and apply information they may see in the news or read about on the Internet. These features have follow-up activities available in **McGraw Hill Connect®** and can be assigned online.

- **A Closer Look** provides information about new and sometimes controversial topics related to health, wellness, and fitness and encourages critical thinking.
- **Technology Update** describes emerging health and fitness technology, innovations, and research.
- **In the News** highlights late-breaking health, wellness, and fitness events, trends, and information.
- **HELP** personalizes fitness and health issues through brief narratives that relate to the defining elements of the HELP Philosophy (H: Health, E: Everyone, L: Lifetime, P: Personal).



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Health is available to Everyone for a Lifetime, and it's Personal

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Lab Activities

All end-of-chapter Lab Activities are available in **McGraw Hill Connect®** and can be assigned, completed, submitted, and graded online. Lab Resource Materials (extra materials for use in completing Lab Activities) are available for all fitness self-assessments.



Lab 10A Evaluating Muscle Strength: 1RM and Grip Strength

Name: _____ Section: _____ Date: _____

Purpose: To evaluate your muscle strength using 1RM and to determine the best amount of resistance to use for various strength exercises.

Procedures: 1RM is the maximum amount of resistance you can lift for a specific exercise. Testing yourself to determine how much you can lift only one time using traditional methods can be fatiguing and even dangerous. The procedure you will perform here allows you to estimate 1RM based on the number of times you can lift a weight that is less than 1RM.

Evaluating Strength Using Estimated 1RM

- Use a resistance machine for the leg press and arm or bench press for the evaluation part of this lab.
- Estimate how much weight you can lift 2 or 3 times. Be conservative; it is better to start with too little weight than too much. If you lift a weight more than 10 times, the procedure should be done again on another day when you are rested.
- Using correct form, perform a leg press with the weight you have chosen. Perform as many times as you can up to 10.
- Use Chart 1 in Lab Resource Materials to determine your 1RM for the leg press. Find the weight used in the left-hand column and then find the number of repetitions you performed across the top of the chart.
- Your 1RM score is the value where the weight row and the repetitions column intersect.
- Repeat this procedure for the arm or bench press using the same technique.
- Record your 1RM scores for the leg press and bench press in the Results section.
- Next divide your 1RM scores by your body weight in pounds to get a "strength per pound of body weight" (1RM/body weight) score for each of the two exercises.
- Determine your strength rating for your upper body strength (arm press) and lower body (leg press) using Chart 2 in Lab Resource Materials. Record in the Results section. If time allows, assess 1RM for other exercises you choose to perform (see Lab 10C).
- If a grip dynamometer is available, determine your right-hand and left-hand grip strength using the procedures in Lab Resource Materials. Use Chart 3 in Lab Resource Materials to rate your grip (isometric).

Results

Arm press: Wt. selected Reps Estimated 1RM
(or bench press) (Chart 1, Lab Resource Materials, page 175)

Strength per lb body weight Rating
(1RM ÷ body weight) (Chart 2, Lab Resource Materials, page 176)

Leg press: Wt. selected Reps Estimated 1RM
(Chart 1, Lab Resource Materials, page 175)

Strength per lb body weight Rating
(1RM ÷ body weight) (Chart 2, Lab Resource Materials, page 176)


Grip strength: Right grip score Right grip rating
 Left grip score Left grip rating
 Total score Total rating
(Chart 3, Lab Resource Materials, page 178)

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Lab 10A Evaluating Muscle Strength: 1RM and Grip Strength


Seated Press (Arm Press)

This test can be performed using a seated press (see image) or using a bench press machine. When using the seated press, position the seat height so that arm handles are directly in front of the chest. Position backrest so that hands are at comfortable distance away from the chest. Push handles forward to full extension and return to starting position in a slow and controlled manner. Repeat. Note: Machine may have a foot lever to help position, raise, and lower the weight.



Leg Press

To perform this test, use a leg press machine. Typically, the beginning position is with the knees bent at right angles with the feet placed on the press machine pedals or a foot platform. Extend the legs and return to beginning position. Do not lock the knees when the legs are straightened. Typically, handles are provided. Grasp the handles with the hands when performing this test.



Conclusions and Implications: In several sentences, discuss your current strength, whether you believe it is adequate for good health, and whether you think that your "strength per pound of body weight" scores are representative of your true strength.

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Building on 50 Years of Success!

The thirteenth edition ushers in a new era with a new title—*Corbin's Concepts of Fitness and Wellness*—that honors the vision and legacy of Dr. Charles (Chuck) Corbin in developing the Concepts approach over 50 years ago. Our established tradition of innovation in the fitness and wellness field continues with completely updated content, features, and online materials that are designed to support education on healthy lifestyles.

Moving into the Future

The new title also marks strategic authorship changes as Dr. Greg Welk, Professor of Kinesiology and Fellow in the National Academy of Kinesiology, takes over leadership with this new edition and its development. Dr. Welk actively teaches and conducts research in areas of fitness/wellness and health promotion and will ensure that *Corbin's Concepts of Fitness and Wellness* continues to provide instructors and students with the most current, accurate, and useful information. Dr. Chuck Corbin, lead author of all the previous *Concepts* books, continues to actively participate in all facets of authorship as a retired Emeritus Professor. Dr. Will Corbin, a professor of clinical psychology with expertise in health psychology, leads the content related to stress management, alcohol, tobacco, drugs, and sexually transmitted infections. Dr. Karen Welk, an established physical therapist, provides expertise in flexibility, strength and conditioning, back care, and contraindicated exercises. The diverse backgrounds and skills of the authors contribute to the comprehensive coverage of health, fitness, and wellness issues covered in the book. The authors work to reduce the technical jargon and focus on self-management skills and strategies to help students learn to adopt and sustain healthy lifestyles throughout life.



Greg Welk



Charles Corbin



Will Corbin



Karen Welk

Dedication

The authors would like to dedicate this edition to the millions of scientists, health-care workers, educators, and public health leaders who have directly confronted the unique challenges caused by the COVID-19 pandemic. Millions of people throughout the world lost their lives due to COVID-19, but many millions more were saved by the efforts to help people recover as well as by establishing practices to minimize its spread and through vaccine development and delivery.

Thank You

We are always listening to our users and greatly appreciate the feedback provided over the years. The insights have helped us continue to enhance instruction and improve student learning. We want to provide a special thanks to Joel Baum from Gender Spectrum for insights on revised gender terminology throughout the text. We also want to specifically thank the instructors who provided insights regarding the book and their course needs as this feedback also directly enhanced this edition's revisions:

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To list everyone who has had an impact on the *Concepts* texts over the years would take several pages. Nevertheless, we feel that it is important to acknowledge those who have helped us. A list of the many contributors is available at www.corbinconcepts.org, as are additional resources we have provided that support the use of *Corbin's Concepts of Fitness and Wellness* in your course. Thank you all!

Gregory J. Welk
 Charles B. Corbin
 William R. Corbin
 Karen A. Welk
www.corbinconcepts.org

Preface

Corbin's Concepts of Fitness and Wellness provides a comprehensive and evidence-based approach to teaching principles of health living. Foundational elements include an integrated instructional HELP philosophy that focuses on self-management skills for sustained lifestyle change, a concepts-based framework designed for achieving well-defined learning objectives, and an engaging, student-centered format that accommodates various learning preferences and methods.

Paired with **McGraw Hill Connect**[®], a digital assignment and assessment platform that strengthens the link between faculty, students, and coursework, instructors and students accomplish more in less time. Connect for Fitness & Wellness is particularly useful for remote and hybrid courses and includes assignable and assessable videos, quizzes, exercises, and labs.

Integrated HELP Philosophy

Health is available to **E**veryone
for a **L**ifetime, and it's **P**ersonal.

The HELP philosophy directs the content in *Corbin's Concepts of Fitness and Wellness*, helping and empowering students to understand the personal responsibility involved in achieving sound health (including fitness and wellness) through the adoption of healthy lifestyles. Although an array of lifestyles are covered, the emphasis is on physical activity, healthy eating, and stress management (*priority lifestyles*) since they strongly impact overall health and well-being and can be obtained and sustained by using personal responsibility. Critical self-management skills, which are introduced and

detailed in Concept 3: Self-Management Skills for Health Behavior Change, are essential for making healthy decisions and lifestyle choices. Each Concept concludes with a **Using Self-Management Skills** section that reinforces key self-management skills and behaviors. Each Concept includes comprehensive **Lab Activities** that are designed to provide opportunities to learn and practice these skills. (The Lab Activities are available for online submission through **McGraw Hill Connect**[®].) Ultimately, the goal is for students to learn to prepare personal programs of health behavior change that address their own needs and interests.

Concepts-Based Framework

A unique, defining aspect of *Corbin's Concepts of Fitness and Wellness* is the “concepts-based” approach to education, which begins with concise Concepts rather than lengthy chapters. Specific learning objectives are identified at the beginning of each Concept to help focus and guide students to the most important information. The **Why It Matters!** section introduces the Concept by detailing the main purpose or goal. Content within each Concept is then organized into thematic sections and each includes several more concise “concepts” or principles. Carefully worded statements introduce each of these mini-sections to help students retain the key takeaway messages in the Concept. This modularized approach to learning offers advantages for student learning and retention since the important information is introduced and then directly reinforced.

LEARNING OBJECTIVES

After completing the study of this Concept, you will be able to:

- ▶ Identify the determinants of health, wellness, and fitness, and explain how they each contribute to health, wellness, and fitness.
- ▶ Differentiate between factors over which you have lesser and greater control.
- ▶ Use health behavior change strategies to carry out self-assessments of personal lifestyles and wellness perceptions.

Many factors are important in developing lifetime health, wellness, and fitness, and some are more in your control than others. A factor that significantly affects your health, wellness, and fitness is referred to as a **determinant**. Three major categories of determinants are listed in **Figure 1**. Biological factors, such as heredity, age, and sex, are shown at the bottom of the figure because they are determinants over which we have little or no control.



Learning Objectives (left) introduce each concept, and modularized “Concept Statements” (right, in blue) help guide student learning.

Student-Centered Approach to Learning

Students learn using many different types of sensory input. Accordingly, the visuals in *Corbin's Concepts of Fitness and Wellness* include photos with concept-relevant captions, figures that convey conceptual materials in an easy-to-understand format, and hundreds of detailed exercise illustrations that show exactly how to perform exercises for important dimensions of health-related fitness.

Additionally, each Concept includes four feature boxes that delve into current issues in the headlines, introduce students to ongoing research and technology, and ask students to consider how health issues affect them personally. *A Closer Look* provides information about new and sometimes controversial topics related to health, wellness, and fitness and encourages critical-thinking. *Technology Update* describes advances in health and fitness technology and prompts exploration and personal evaluation. *In the News* highlights late-breaking health, wellness, and fitness information and provides opportunities for reflection. The *HELP* feature personalizes fitness and health issues to help students internalize the information. Students have the opportunity to explore many of these topics in more detail by using the *Suggested Resources and Readings* section and additional feature-specific activities and critical thinking exercises that are accessible and assignable within McGraw Hill Connect®.



A CLOSER LOOK

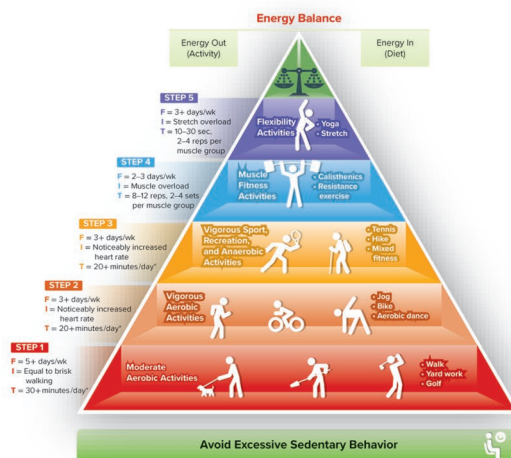
Weathering the Storm

Weathering is a term used to describe health disparities that may result from cumulative socioeconomic disadvantage. Dr. Arline Geronimus first used the term to describe discrepancies in reproductive outcomes of Black versus white females, but the term is now used more broadly to refer to health disparities in Black populations. A contributing factor to this weathering is systemic racism, a topic that has garnered increased attention in the United States following the deaths of George Floyd and other Black Americans. Forms of discrimination and marginalization slowly chip away at a person, causing those who are on the receiving end to have compromised health or premature death. The concept of weathering provides a way to understand a root cause of health disparities in our society.

What steps should individuals take to address systemic racism and unjust weathering?



Feature boxes introduce and detail important societal issues, new research and technology, and opportunities for students to consider how health issues affect them personally.



8. Lunge

This exercise develops the thigh and gluteal muscles. Place a barbell (with or without weight) behind your head and support with hands placed slightly wider than shoulder-width apart. In a slow and controlled motion, take a step forward and allow the leading leg to drop so that it is nearly parallel with the ground. The lower part of the leg should be nearly vertical and the back should be maintained in an upright posture. Take stride with opposite leg to return to standing posture. Repeat with other leg, remaining stationary or moving slowly in a straight line with alternating steps.



Engaging graphics, instructional diagrams (such as the unique physical activity pyramid), and detailed exercise illustrations facilitate student learning.

Source: Comstock/Getty Images; Thinkstock Images/Stockbyte/Getty Images; Stockbyte/Getty Images; Shutterstock; Ryan McVay/Getty Images; Tom Grill/Corbis/Getty Images

Highlights of the Thirteenth Edition

Concept Updates

Each revision of *Corbin's Concepts of Fitness and Wellness* incorporates new research and findings about healthy lifestyles, but the thirteenth edition was influenced by many external factors as well. This edition was conceptualized and updated during the height of the COVID-19 pandemic, which challenged all facets of our society and increased attention on the intersections of public health and personal health. While each of us needed to take responsibility for our own health, local and national mandates and laws established policies and practices needed to promote health for all. The pandemic demonstrated the role of science in medicine and health as we witnessed the rapid development of life-saving vaccines as well as the deployment of these vaccines across the world. However, the most tangible impact of COVID-19 is how it influenced our individual health and well-being.

Research conducted during the pandemic provided many new insights about health and wellness. For example, numerous studies documented the importance of healthy lifestyles (and healthy weight) for enhancing immune function and for reducing risks from COVID-19. Other studies documented the impact of the pandemic on our personal behaviors, including how it compounded stress. In this new edition, we reference many studies conducted on COVID-19 issues; however, the focus is on the implications for personal health and healthy living. Research is always evolving in the health and wellness field, but insights from new studies were particularly dramatic in recent years.

Student reflection and exploration of new trends and societal issues are particularly emphasized within the various box features that are included in each of the Concepts (*In the News*, *A Closer Look*, *Technology Update*, and *HELP*). Updated with many new topics, these features are linked to customized application assignments within **McGraw Hill Connect**[®] to facilitate exploration, reflection, and discussion of these complex issues. A variety of video vignettes are also embedded within the eBook and linked to Connect activities to help explain complex issues and provide opportunities for personal reflection and critical thinking. Current, accessible, and relevant resources and publications are provided in the *Suggested Resources and Readings*, while updated scientific references are provided at the end-of-text *References* section.

This new edition utilizes the most current terminology for gender and gender identity as recommended by the American Psychological Association (APA). Additionally, updates and new content illuminate the importance of *the social determinants of health* and challenges with resolving health

disparities. Although our emphasis is on personal responsibility and focusing on what is within your control, mass movements against systemic racism have exposed health inequities and disparities that need to be collectively addressed by individuals, organizations, and society as a whole.

Guidelines and trends in the fitness and wellness field have also been thoroughly updated in this new edition. For example, the recent revisions from the *American College of Sports Medicine's (ACSM) Guidelines for Exercise Testing and Prescription* prompted changes in exercise recommendations for several health-related fitness areas. Other new research findings and public health updates are woven through each of the Concepts. Some of the updates are highlighted below:

1 Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction

- Updated statistics about health, longevity, and wellness
- Inclusion of *Healthy People 2030* goals
- New depiction of the illness and wellness continuum
- Inclusion of equity and social justice issues within the HELP philosophy

2 Determinants of Lifelong Health, Wellness, and Fitness

- Increased coverage of the social determinants of health
- New categorization and conceptualization of lifestyle determinants
- New illustrations depicting the determinants of health, wellness, and fitness
- Integration of content on habit formation
- Distinctions between sex at birth and gender identity related to health and wellness

3 Self-Management Skills for Health Behavior Change

- Updated descriptions and depictions of social-ecological models
- Updated explanations of the Transtheoretical Model and applications
- New integrative model to explain stages of change
- More personalized explanations of self-management skills

4 Preparing for Physical Activity

- Updated safety considerations based on ACSM exercise guidelines
- New content on shoe and clothing considerations for exercise
- Enhanced coverage of guidelines for heat, cold, and treatment of injuries



5 The Health Benefits of Physical Activity

- Reorganized flow of material based on system-based adaptations
- Improved system-based depiction of the health benefits of physical activity
- Enhanced coverage of mental health
- Updated descriptions and explanations of hypokinetic conditions
- New content on lifestyle medicine and implications for health care

6 How Much Physical Activity Is Enough?

- Updated FIT principles based on ACSM guidelines for exercise testing and prescription
- Revised graphic depiction of the physical activity pyramid
- Incorporation of anaerobic exercise and high-intensity interval training (HIIT)
- Updated statistics on adults meeting the U.S. physical activity guidelines

7 Adopting an Active Lifestyle

- New title and flow to distinguish light, moderate, and vigorous physical activity
- Updated content and guidelines related to sedentary behavior
- New depiction of interactive risks of sedentary behavior and inactivity
- New content on wearable technology and applications for self-monitoring

8 Cardiorespiratory Endurance

- Updated thresholds and target zones for exercise based on new ACSM guidelines
- New calculations based on heart rate reserve and max heart rate methods
- Clarifications based on adaptations related to cardiorespiratory endurance

9 Vigorous Aerobic, Anaerobic, Sport, and Recreational Activities

- Updated title to highlight anaerobic activities
- Clearer distinctions of type of vigorous aerobic activities
- Expanded content on anaerobic activities and HIIT
- Updated data on patterns and trends in behaviors
- Refined content and strategies in self-management section

10 Muscle Fitness and Resistance Exercise

- Revised sections on differences between males and females based on sex at birth

- Clarified terminology and applications of fitness principles for resistance exercise
- New descriptions of the circuit training, plyometrics, and body weight exercises
- Updated content on the risks of supplements that tout strength and fitness enhancement

11 Flexibility and Stretching Activities

- Updated title with greater emphasis on activities promoting flexibility
- New content on injuries and rehabilitation issues
- Revised guidelines for stretching based on new research
- Updates on Pilates, yoga, and tai chi and popularity of stretching activities

12 Advanced Fitness Training

- Updated title with focus on adaptations in different metabolic systems
- Greater specification about training for different sports and activities
- New content on anaerobic capacity and training for speed/power

13 Body Composition and Health

- Updated title with greater focus on health implications of body composition
- New introduction section on societal issues and stigmatization with obesity
- Refined explanations and descriptions of body composition standards
- Updated content on causes and consequences of obesity
- Clarifications about eating disorders and implications

14 Nutrition and Principles of Healthy Eating

- Updated title with focus on principles for healthy eating
- New sections on establishing healthy eating patterns and a “total diet approach”
- Clarification on terminology and explanation of dietary guidelines
- New content on popularity of plant-based protein and vegetarian diets
- Updated content on cholesterol, trans fats, nutraceuticals, functional foods, and organic foods
- Refined section on self-management skills, focusing on self-monitoring skills

15 Principles of Effective Weight Control

- Updated title and focus on self-management skills for weight control

- Enhanced coverage of social-ecological models as related to weight control
- Updates on fad diets and clinical approaches to weight loss

16 Stress and Health

- Greater focus on stress issues unique for college students
- New content on stress associated with COVID-19 and discrimination
- Updated information on stress response and influences from personality types

17 Stress-Management Strategies

- Updated title and focus on self-management skills and strategies for stress management
- Greater coverage on social support influences
- Incorporation of SMART goals for time management

18 The Use and Abuse of Tobacco and Other Nicotine Products

- Updated title and expansion of content to cover other nicotine products
- Expanded coverage of e-cigarettes and trends with vaping
- Updated information on the economic costs to society of tobacco and nicotine use
- Updates on marketing of tobacco to increase awareness

19 The Use and Abuse of Alcohol

- Updated statistics and patterns of alcohol use and abuse
- New information on policies and environmental factors related to alcohol
- Updated data and insights on campus issues and strategies related to alcohol abuse

20 The Use and Abuse of Other Drugs

- Updated statistics and data on the prevalence of drug abuse in society
- New terminology and updates related to cannabis use in society with regard to legalization
- Updates on the independent classification of opioids
- New content on issues with misuse and risks of prescription drugs

21 Preventing Sexually Transmitted Infections

- Updated statistics on the prevalence of different sexually transmitted infections
- Revised organization and flow of content on common sexually transmitted infections
- Updates on HIV issues and treatments

22 Cancer, Diabetes, and Other Health Threats

- Updated statistics on prevalence and death rates from various cancers
- Streamlined presentation and flow of content on cancers with major updates on prostate, colon-rectal, and breast cancer
- Expanded coverage of infectious diseases and details related to COVID-19 risks

23 Body Mechanics and Care of the Back

- Relocated Concept to place it closer to chronic conditions
- Updated title with focus on posture and prevention of back and neck pain
- New graphics and explanations of degenerative disc disease and causes of back issues
- Revised explanations for the role of exercise in back and neck health
- Strategies for planning and assessment in the self-management section

24 Making Informed Consumer Choices

- Updated title with more emphasis on self-management skills and consumerism
- Streamlined recommendations on consumer considerations for exercise machines and clubs
- New information on decision making related to apps and online programs
- Updates on the FDA's efforts and strategies for curtailing fraud and quackery

25 Toward Optimal Health and Wellness: Planning for Healthy Lifestyle Change

- New organization and flow based on new conceptual model of lifestyle and social determinants of health, wellness, and fitness
- Increased emphasis on health care and health consumerism
- Updated content on strategies for healthy living, with a focus on personal responsibility

Innovations for Enhanced Learning

The thirteenth edition of *Corbin's Concepts of Fitness and Wellness* is designed to deliver a flexible and personalized approach to fitness and wellness education. The materials provide an integrated print and digital solution that enables instructors (and students) to explore options for applying the information.

Connect® Is Proven Effective

McGraw Hill Connect® is a digital teaching and learning environment that improves performance over a variety of critical outcomes; it is easy to use; and it is proven effective. Connect empowers students by continually adapting to deliver precisely what they need, when they need it, and how they need it, so your class time is more engaging and effective. *Connect for Fitness & Wellness* offers a wealth of interactive online content, including labs and self-assessments, video activities on timely health topics, and practice quizzes with immediate feedback.

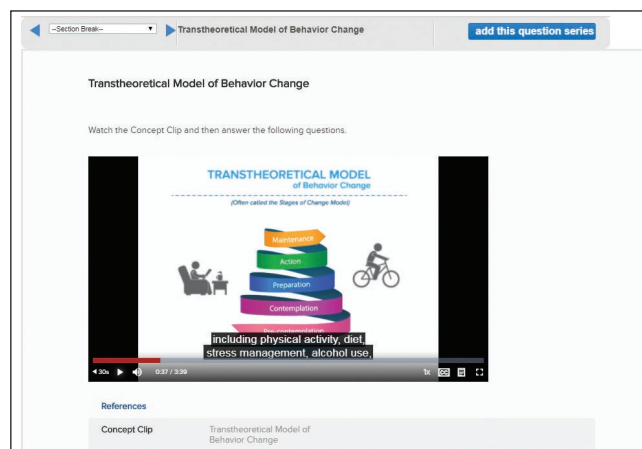
New to this edition, additional Lab Activities and Self-Assessments were redesigned and added as **Application-Based Activities** to offer enhanced accessibility, a privacy option, and aggregated student self-assessment results by section. Appearing in Connect, these activities help your students assess their own health and behavior. New topics include stress and anxiety related to the outbreak of COVID-19 and adapting an exercise program for changing situations.

With just a smartphone, tablet, or webcam, students and instructors can capture video with ease. **Video Capture Powered by GoReact** doesn't require any extra equipment or complicated training. All it takes is five minutes to set up and start recording! Use Video Capture to create your own custom video capture assignment, including lab activities, exercises, presentations, self-review, and peer review. With customizable rubrics, time-coded comments, and visual markers, students will see feedback at exactly the right moment, and in context, to help improve their skills.

Also new within McGraw Hill Connect®, the **Writing Assignment tool** delivers a learning experience to help students improve their written communication skills and conceptual understanding. As an instructor you can assign, monitor, grade, and provide feedback on writing more efficiently and effectively.

Concept Clips on topics like the cardiorespiratory system and stress response are also new to this edition. Assignable and assessable through Connect, Concept Clips provide step-by-step presentations to promote student comprehension.

NewsFlash activities tie current news stories to key fitness and wellness concepts. After interacting with a contemporary news story, students are assessed on their understanding and



Concept Clips illustrate major topics and provide jumping-off points for class discussion.

their ability to make the connections between real-life events and course content. Examples of NewsFlash topics include addressing racial disparities during the COVID-19 pandemic, providing game-day food safety tips, and pushing the limits of human endurance.

Personalized Learning



Available within Connect, **SmartBook®** makes study time as productive and efficient as possible by identifying and closing knowledge gaps. SmartBook identifies what an individual student knows and doesn't know based on the student's confidence level, responses to questions, and other factors. SmartBook builds an optimal, personalized learning path for each student, so students spend less time on concepts they already understand and more time on those they don't. As a student engages with SmartBook, the reading experience continuously adapts by highlighting the most impactful content a student needs to learn at that moment in time. This ensures that every minute spent with SmartBook is returned to the student as the most value-added minute possible. The result? More confidence, better grades, and greater success.

SmartBook is optimized for smartphones and tablets and is now more accessible for students of all abilities.



Read or study when it's convenient for you with McGraw Hill's free **ReadAnywhere** app. Available for iOS or Android smartphones or tablets, ReadAnywhere gives users access to McGraw Hill tools including the eBook and SmartBook or Adaptive Learning Assignments in Connect. Take notes, highlight, and complete assignments offline—all of your work

will sync when you open the app with WiFi access. Log in with your McGraw Hill Connect username and password to start learning—anytime, anywhere!

Dietary Analysis Tool



NutritionCalc Plus is a powerful dietary analysis tool featuring more than 30,000 foods from the reliable and accurate ESHA Research nutrient database, which is comprised of data from the latest USDA Standard Reference database, manufacturer's data, restaurant data, and data from literature sources. NutritionCalc Plus allows users to track food and activities, and then analyze their choices with a robust selection of intuitive reports. The interface was updated to accommodate ADA requirements and a modern mobile experience native to today's students.

Your Course, Your Way

McGraw Hill Create[®] is a self-service website that allows you to create customized course materials using McGraw Hill Education's comprehensive, cross-disciplinary content and digital products. You can even access third-party content such as readings, articles, cases, videos, and more.

- Select and arrange content to fit your course scope and sequence.
- Upload your own course materials.
- Select the best format for your students—print or eBook.
- Select and personalize your cover.
- Edit and update your materials as often as you'd like.

Experience how McGraw Hill Education's Create empowers you to teach your students your way: <http://create.mheducation.com>

Learning Management System Integration

McGraw Hill provides a one-stop teaching and learning experience available to users of any learning management system. This institutional service allows faculty and students to enjoy single sign-on (SSO) access to McGraw Hill materials, including the award-winning **McGraw Hill Connect**[®] platform, from directly within the institution's website. The program provides faculty with instant access to McGraw Hill teaching materials (e.g., eTextbooks, test banks, PowerPoint slides, animations,

and learning objects), allowing them to browse, search, and use any instructor ancillary content in our vast library at no additional cost to instructors or students. With this program enabled, faculty and students never need to create another account to access McGraw Hill products and services.

Instructor Resources

Instructors can access the following resources through the Library tab in **McGraw Hill Connect**[®]:

Instructor's Manual. The instructor's manual provides a wide variety of tools and resources for presenting the course, including learning objectives and ideas for lectures and discussions.

Test Bank. Each question has been tagged for level of difficulty, Bloom's taxonomy, and topic coverage. Organized by chapter, the questions are designed to test factual, conceptual, and higher order thinking.

Test Builder. New to this edition and available within Connect, Test Builder is a cloud-based tool that enables instructors to format tests that can be printed and administered within a Learning Management System. Test Builder offers a modern, streamlined interface for easy content configuration that matches course needs, without requiring a download.

Test Builder enables instructors to:

- Access all test bank content from a particular title.
- Easily pinpoint the most relevant content through robust filtering options.
- Manipulate the order of questions or scramble questions and/or answers.
- Pin questions to a specific location within a test.
- Determine your preferred treatment of algorithmic questions.
- Choose the layout and spacing.
- Add instructions and configure default settings.

PowerPoint. The PowerPoint presentations highlight the key points of the chapter and include supporting visuals. All slides are WCAG compliant.

Remote Proctoring. New remote proctoring and browser-locking capabilities are seamlessly integrated within Connect to offer more control over the integrity of online assessments. Instructors can enable security options that restrict browser activity, monitor student behavior, and verify the identity of each student. Instant and detailed reporting gives instructors an at-a-glance view of potential concerns, thereby avoiding personal bias and supporting evidence-based claims.

Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction

LEARNING OBJECTIVES

After completing the study of this Concept, you will be able to:

- ▶ Describe the HELP philosophy and discuss its implications in making personal decisions about health, wellness, and fitness.
- ▶ Define the dimensions of health and wellness, and explain how they interact to influence health and wellness.
- ▶ Distinguish health-related and skill-related dimensions of physical fitness.
- ▶ Identify related national health goals and show how meeting personal goals can contribute to reaching national goals.

Good health, wellness, fitness, and healthy lifestyles are important for all people.

Christopher Futcher/iStock/Getty Images





Why It Matters!

Virtually all American adults say that “being in good health” is very important, often rating it higher than money and other material things. In fact, in a recent survey of people who had taken a college fitness and wellness course 20 years prior, 92 percent considered themselves to be well informed about fitness and physical activity, and more than 50 percent remember and still use information from that class today. *Concepts of Fitness and Wellness* is specifically designed to help you learn the cognitive and behavioral skills needed to help you achieve and maintain good health, wellness, and fitness throughout life. In this first Concept, you will learn about the distinctions among health, wellness, and fitness.



Health and wellness are available to everyone for a lifetime.
javi_indy/Shutterstock

The HELP Philosophy

The HELP philosophy provides a basis for making healthy lifestyle change possible. The acronym *HELP* characterizes an important part of the philosophy: *Health* is available to *Everyone* for a *Lifetime*, and it’s *Personal*. The HELP philosophy aids you as you apply the principles and guidelines that help you adopt and sustain healthy lifestyles. Throughout this edition, you will learn a variety of *self-management skills* that are critical for healthy living. The labs in each Concept provide opportunities to practice and apply these skills so that you can use them throughout your life. An overview of basic self-management skills is provided in a later Concept.

A personal philosophy that emphasizes health can lead to behaviors that promote it. The *H* in *HELP* stands for *health*. While nearly everyone endorses the importance of good health, most people struggle to adopt and sustain healthy lifestyles. Researchers have helped advance theories related to behavior change and to determine strategies and approaches that can be learned and practiced. One theory that has been extensively tested indicates that people who believe in the benefits of healthy lifestyles are more likely to engage in healthy behaviors. The theory also suggests that people who state intentions to put their beliefs into action are likely to adopt behaviors that lead to health, wellness, and fitness.

Everyone can benefit from healthy lifestyles, but a lack of equity creates disparities. The *E* in *HELP* stands for *everyone*. While everyone *can* benefit, limited access and resources make it more challenging for some to achieve these benefits. The opportunity to develop healthy lifestyles should be available to everyone regardless of race, ethnicity, age, disability, culture, socioeconomic status, or gender identity. While it is true that issues of equality and equity are societal

challenges, everyone needs to contribute to the solution by treating all members of society equally and fairly.

Healthy behaviors are most effective when practiced for a lifetime. The *L* in *HELP* stands for *lifetime*. Young people sometimes feel immortal because the harmful effects of unhealthy lifestyles are often not immediate. As we age, however, unhealthy lifestyles have cumulative negative effects. For example, compromised health status was a factor with the COVID-19 pandemic as older adults and those with chronic diseases had greater risks and higher death rates than younger and healthier individuals. Thus, adopting and sustaining healthy habits early in life is important for long-term health, wellness, and fitness.

Healthy lifestyles should be based on personal needs. The *P* in *HELP* stands for *personal*. Each person has unique needs regarding health, wellness, and fitness. People also vary in attitudes, perceptions, and personal characteristics that influence healthy lifestyles. You will be provided with information about a variety of self-management skills, but it is up to each individual to take personal responsibility for learning and using these skills.

You can adopt the HELP philosophy. As you progress through these Concepts, consider ways that you can implement the HELP philosophy. In each Concept, HELP boxes are provided to stimulate your thinking about key health issues.

Health Optimal well-being that contributes to one’s quality of life. It is more than freedom from disease and illness, though freedom from disease is important to good health. Optimal health includes high-level mental, social, emotional, spiritual, and physical wellness within the limits of one’s heredity and personal abilities.