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Why are adolescent girls prone to depression, eating disorders, addictions and suicide attempts than ever before? Mary Pipher believes adolescence is an especially precarious time for girls, a time when the fearless, outgoing child is replaced by an unhappy and insecure teenager. Her view is that for the most part it is our look-obsessed, media-saturated, 'girl-poisoning' culture - and not parents - which is to blame. Despite the advances of feminism, escalating levels of sexism and violence cause girls to stifle their creative spirit and natural impulses, which, ultimately, destroys their self-esteem. Yet it is often their families that are blamed. Here, for the first time, are the girls' unmuted voices. By laying bare their harsh day-to-day reality, *Reviving Ophelia* offers parents compassion, strength and strategies with which to revive these Ophelias' lost sense of self. "Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com. *The Epigenome and Developmental Origins of Health and Disease* synthesizes the existing knowledge on how the in utero environment could be the most important environment in shaping later risk for various diseases or to conversely promote the health of the offspring. The book mines the existing literature from a variety of disciplines from toxicology to nutrition to epigenetics to reveal how contrasting maternal in utero environmental changes might be leading to epigenetic convergence and the resulting deleterious phenotypic and physiological effects in our offspring. It is increasingly becoming apparent that even subtle changes in the mother's diet, stress, and exposure to low concentrations of toxic chemicals at levels deemed safe by the EPA and FDA, such as endocrine disrupting compounds (EDC), can dramatically impact the health of our children, possibly leading to metabolic, cardiovascular, immunological, neurobehavioral disorders, and increased risk for cancer to list but a few examples. Informs how everyday choices pregnant women make can impact child development Ties together how in utero environmental changes may be inducing epigenetic changes in the offspring leading to overlapping phenotypes regardless of the initial insult (toxic, nutrition, or stress) Includes a boxed-in area in each chapter for further references and resources to keep up with the field Features video interviews with the authors and other key leaders in the field Create your own personal fitness and wellness success stories with Hoeger and Hoeger's **FITNESS AND WELLNESS**. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools online to extend your learning beyond the text. **FITNESS AND WELLNESS** offers you the most current coverage and practical guidelines to take charge of your health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Instructional aids for *Fitness for Life*, the best-selling high school health-related fitness textbook, include a teacher's edition, teacher's resources, color transparencies, PowerPoint presentations, videos, a Spanish handbook, and more! Contact your K-12 sales representative at Human Kinetics (Ph. 217-351-5076, extension 2412 for Cheri Scott (E-mail: CheriS@hkusa.com), ext. 2361 for John Klein (E-mail: JohnK@hkusa.com) or ext. 2516 for Aimee Halcomb, (E-mail: AimeeH@hkusa.com) to determine the best combination of resources to meet your needs. The completely revised seventh edition of *Fitness & Health* offers a comprehensive understanding of the exercise-health relationship and provides a framework for attaining health and fitness goals. This one-stop handbook for students and fitness professionals explores the physiology and benefits of fitness while also providing information and tools for improving health and wellness. Authors Brian J. Sharkey and Steven E. Gaskill have 60 years of combined experience in the field, as evidenced in the depth of content and accessible style of writing. The book aims not only to educate but also to inspire the audience to put the suggested methods into practice and have a positive effect on their quality of life. *Fitness & Health, Seventh Edition*, includes fresh, new content and has been restructured to enhance the educational experience:

- An entirely new chapter detailing behavior change, helping readers better understand the psychology of activity and how to modify individual behaviors using documented strategies
- A revised chapter on the physiology of fitness to help readers grasp the science behind aerobic and muscular fitness
- Proven methods for achieving aerobic and muscular fitness, plus strategies for exercising in high heat and humidity, extreme cold, high altitude, and environments with low air quality
- New information on physical activity and brain health that shows how an active life improves learning, higher-order brain processes, and academic achievement
- A detailed explanation of the Exercise is Medicine movement that highlights the benefits of regular physical activity in terms of improving quality of life and reducing health risks

Students will excel with chapter summaries of content for easier review and tables and figures that organize information for quick reference. The seventh edition also includes special elements to highlight interesting content on health and fitness, including important health behaviors, testing procedures, and proven fitness programs. In addition, instructors benefit from the inclusion of new ancillaries containing an instructor guide complete with lab activities, a test package, and a presentation package plus image bank. With *Fitness & Health*, students learn the body's response to exercise and acquire strategies for motivating themselves or others to commit to an active and healthy life. The book explains how the body responds to physical activity; why physical activity is beneficial to health; and how physical activity can help people increase aerobic and muscular fitness, achieve and maintain a healthy weight, enhance performance in work and sport, and improve vitality. A **NEW YORK TIMES BESTSELLER** One of the world's legendary artists and bestselling author of *The Creative Habit* shares her secrets—from insight to action—for harnessing vitality, finding purpose as you age, and expanding one's possibilities over the course of a lifetime in her newest New York Times bestseller *Keep It Moving*. At seventy-eight, Twyla Tharp is revered not only for the dances she makes—but for her astounding regime of exercise and nonstop engagement. She is famed for religiously hitting the gym each morning at daybreak, and utilizing that energy to propel her breakneck schedule as a teacher, writer, creator, and lecturer. This book grew out of the question she was asked most frequently: "How do you keep working?" *Keep It Moving* is a series of no-nonsense meditations on how to live with purpose as time passes. From the details of how she stays motivated to the stages of her evolving fitness routine, Tharp models how fulfillment depends not on fortune—but on attitude, possible for anyone willing to try and keep trying. Culling anecdotes from Twyla's life and the lives of other luminaries, each chapter is accompanied by a small exercise that will help anyone develop a more hopeful and energetic approach to the everyday. Twyla will tell you what the beauty-fitness-wellness industry won't: chasing youth is a losing proposition. Instead, *Keep It Moving* focuses you on what's here and where you're going—the book for anyone who wishes to maintain their prime for life. This innovative new textbook, with a full suite of related resources, has been created to support student development and enhancement of healthy behaviors that influence their lifestyle choices and fitness, health, and wellness. A key feature of this curriculum is the complete integration of physical education and health concepts and skills to maximize student interest, learning, and application. This objective was accomplished by combining the expertise of our author teams from two related textbooks--*Fitness for Life, Sixth Edition*, and *Health for Life*. This is not just a health textbook with a few physical education concepts thrown in. School systems that want a single textbook to help them address both physical education and health education standards will find that this book provides them a unique and cost-effective option. *Health Opportunities Through Physical Education* is available in print and digital formats, including an iBooks interactive version for iPads plus other e-book formats that students can use across a variety of

platforms. Part I, *Fitness for Life*, will help students become physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. The book will guide students in becoming informed consumers on matters related to lifelong physical activity and fitness, taking responsibility for setting individualized goals, and making their own plans for active living. To accomplish this overarching goal, they learn a variety of self-management skills, including self-assessment. The program is based on established educational theory, which is outlined in the teacher web resources. And they learn all of this through a combination of classroom and physical activity lessons that meet national, state, and local physical activity guidelines and help instill a love for lifetime fitness activities. Part I also enables students to achieve the following goals:

- Meet college and career readiness standards by learning and using critical thinking, decision making, and problem-solving skills
- Use the Stairway to Lifetime Fitness concept, created by author Chuck Corbin, to encourage higher-order learning (move from dependence to independence)
- Perform self-assessments, including all tests in the Fitnessgram battery and the Presidential Youth Fitness Program

Part I includes many features that actively engage students by allowing them to:

- Assess their own fitness and other health and wellness factors to determine personal needs and assess progress resulting from healthy lifestyle planning.
- Use Taking Charge and Self-Management features to learn self-management skills (e.g., goal setting, self-monitoring, self-planning) for adopting healthy lifestyles.
- Learn key concepts and principles, higher-order information, and critical thinking skills that provide the basis for sound decision making and personal planning.
- Do reading and writing assignments as well as calculations that foster college and career readiness.
- Try out activities that are supported by lesson plans offered in the teacher web resources and that can help students be fit and active throughout their lives.
- Take part in real-life activities that show how new information is generated by using the scientific method.
- Become aware of and use technology to learn new information about fitness, health, and wellness and learn to discern fact from fiction.
- Use the web and the unique web icon feature to connect to relevant and expanded content for essential topics in the student web resource.
- Find Academic Connections that relate fitness topics to other parts of the curriculum such as science, language arts, and math.
- Use other features such as fitness quotes, consumer corner, Fit Facts, and special exercise features (including exercise and self-assessment videos) that promote higher-order learning.
- Focus their study time by following cues from Lesson Objectives and Lesson Vocabulary elements in every chapter.
- Use the chapter-ending review questions to test their understanding of the concepts and use critical thinking and project assignments to meet educational standards, including college and career readiness standards.

Part II, *Health for Life*, teaches high school students the fundamentals of health and wellness, how to avoid destructive habits, and how to choose to live healthy lives. This text covers all aspects of healthy living throughout the life span, including preventing disease and seeking care; embracing the healthy lifestyles choices of nutrition and stress management; avoiding destructive habits; building relationships; and creating healthy and safe communities. Part II also has an abundance of features that help students connect with content:

- Lesson Objectives, Lesson Vocabulary, Comprehension Check, and Chapter Review help students prepare to dive in to the material, understand it, and retain it.
- Connect feature spurs students to analyze various influences on their health and wellness.
- Consumer Corner aids students in exploring consumer health issues.
- Healthy Communication gets students to use and expand their interpersonal communication skills as they share their views about various health topics.
- Skills for Healthy Living and Making Healthy Decisions help students learn and practice self-management so they can make wise choices related to their health and wellness.
- Planning for Healthy Living assists students in applying what they've learned as they set goals and establish plans for behavior change.
- Self-Assessment offers students the opportunity to evaluate their health habits and monitor improvement in health behaviors.
- Find Academic Connections that relate fitness topics to other parts of the curriculum such as science, language arts, and math.
- Take It Home and Advocacy in Action prepare students to advocate for health at home and in their communities.
- Health Science and Health Technology focus on the roles of science and technology as they relate to health and where science and technology intersect regarding health issues.
- Living Well News challenges students to integrate health literacy, math, and language skills to better understand a current health issue.

The dream of a world completely free of disease may seem utopian, but eradication—used in its modern sense to mean the reduction of the number of cases of a disease to zero by deliberate public health interventions—has been pursued repeatedly. Campaigns against yellow fever, malaria, and smallpox have been among the largest, most costly programs ever undertaken in international public health. But only one so far has been successful—that against smallpox. And yet in 2007 Bill and Melinda Gates surprised the world with the announcement that they were committing their foundation to eradicating malaria. Polio eradication is another of their priorities. Are such costly programs really justifiable? The first comprehensive account of the major disease-eradication campaigns from the early twentieth century right up to the present, *Eradication* places these ambitious goals in their broad historical and contemporary contexts. From the life and times of the American arch-eradicator Dr. Fred Lowe Soper (1893-1977), who was at the center of many of the campaigns and controversies surrounding eradication in his lifetime, to debates between proponents of primary health care approaches to ill health versus the eradicationists, Nancy Leys Stepan's narrative suggests that today these differing public health approaches may be complementary rather than in conflict. Enlightening for general readers and specialists alike, *Eradication* is an illuminating look at some of the most urgent problems of health and disease around the world. Depression is one of the most common mental health disorders, affecting 14% of all people at some point in their lifetime. Women are twice as likely to become depressed as men, but beyond gender there are a variety of risk factors that influence the prevalence and likelihood of experiencing depression. *Risk Factors in Depression* consolidates research findings on risk factors into one source, for ease of reference for both researchers and clinicians in practice. The book divides risk factors into biological, cognitive, and social risk factors. This provides researchers with the opportunity to examine the interface among different theoretical perspectives and variables, and to look for the opportunity for more complex and explanatory models of depression. Allows reader to compare and contrast the relative states of development of different models and their databases Examines the predictive power of these models related to various phases of clinical depression, including onset, maintenance, and relapse Provides an examination of the therapeutic implications of comprehensive and integrative models of depression These three volumes sort out the science behind nightly news reports and magazine cover stories, and help define the interdisciplinary field of lifestyle medicine and health. *Comprehensive Health Skills* provides the skills and information students need to make responsible decisions and promote a lifetime of health and wellness. This third edition features cutting-edge, contemporary health topics such as vaping, opioid addiction, social media, mindfulness and mental health, and online communication and relationships. In *Comprehensive Health Skills*, students will have the opportunity to practice their health skills in a variety of contexts, related to the subjects that most apply to their lives. In addition to core health topics such as nutrition, physical activity, and mental health, this text also includes information about sexual health and pregnancy prevention. Content and skills align to the National Health Education Standards and the National Sexuality Education Standards. By studying this text, students will be empowered to advocate for every area of their health, now and in the future. With up-to-date terminology and new topics, *Comprehensive Health Skills* includes the most current, relevant health information available. New lessons about medication abuse, online safety, and environmental health prepare students to promote personal and community health in an ever-changing world. Each chapter includes activities written by experts and award-winning health instructors. By completing these health skills activities, such as those related to making decisions, setting goals, and evaluating health information, students will be prepared to apply these skills in real, everyday life. Extensive online supplements include in-depth skill development activities and parent/trusted adult engagement activities to help students apply at home the concepts and skills learned in class. High-interest special features encourage deeper thinking about health topics. Features such as *Health in the Media* connect concepts to experiences with media, including social media. *Local and Global Health* features help students apply skills in their own communities and globally. *Skills for Health and Wellness* features demonstrate how health skills can be used in different situations, and *Health Across the Life Span* features show how decisions today affect a person's future. Factual, objective information about human sexuality is included in the textbook, providing the information needed to make responsible sexual decisions and build healthy, respectful relationships. An autobiographical account of Dr. Isadore Rosenfeld-recounting his most memorable experiences as "America's Doctor" and Doctor to the Stars. Told with grace and humor, the many anecdotes in this book offer insight into what it is like to be a doctor during some of the most progressive eras of medicine. *Doctor of the Heart* is a unique and engaging portrait of this cardiologist's remarkable international medical career. Inspired at an early age to become a physician, Isadore Rosenfeld shares a lifetime of challenges, advances in patient care, and unique experiences that have enriched his life personally as well as professionally. This memoir captures an extraordinary career in medicine spanning more than sixty years and provides a compelling picture of a life dedicated to healing. Dr. Rosenfeld has authored more than a dozen books for the layperson, many of which were New York Times best-sellers. His weekly television broadcasts and contribution as Health Editor for Parade Magazine earned him beloved recognition as "America's Doctor." What are health and wellness? What does it mean to be healthy? Maybe you have some ideas about the answers to these questions, or maybe these questions are new altogether. Either way, *Comprehensive Health* can help you navigate the path to a healthy life. Up-to-date, accessible, and exciting, *Comprehensive Health* is a new high school textbook program that addresses the adolescent health and wellness issues most important to today's students. The text will help you answer your health questions, including questions related to human sexuality, nutrition, fitness, mental health, and avoiding hazardous substances. *Comprehensive Health* provides current, reliable content

supported by classroom-tested activities to help you develop the health and wellness skills you need to lead a healthy life. Nutrition for Healthy Living takes an innovative approach to basic nutrition. With its uniquely concise organization and a distinct focus on consumerism, this engaging, fun-to-read text will provide students with the scientific foundation needed to make informed nutritional lifestyle decisions well beyond the classroom. Introduces human sexuality, describes the changes brought about by puberty, and discusses sexual abuse, sexually transmitted diseases, AIDS, and pregnancy. At head of title: REA, the leader in teacher certification prep. Physical Best, Fourth Edition, is an all-inclusive resource that combines three previous books in one. The text is updated to address SHAPE America's standards and outcomes and to reflect the latest research and best practices. More than 100 activities for K-12 students are offered on the accompanying web resource. A comprehensive resource written by and for anaesthesiologists, physiatrists, neurologists, interventional radiologists, interventional pain specialists, orthopaedic surgeons, neurosurgeons and therapists treating painful spinal disorders globally. The book describes basic principles that must be understood before patients with spinal pain can be treated and procedures are clearly explained. Practice-proven diagnostic and therapeutic algorithms are given for all conditions. Detailed protocols are given for what to do in different scenarios and, most importantly, what to do next. Surgical treatment is covered only to the extent useful to the non-surgeon. Exercise physiologist and wellness expert Robert Hopper's step-by-step guide offers a refreshing new formula for succeeding with exercise for the long haul and finding pleasure in the process! Wellness, Not Weight: Health at Every Size and Motivational Interviewing, brings a new, well rounded perspective to issues of weight, health and helping people change behavior. While many texts in the areas of health sciences and nutrition discuss specific, singular approaches to weight loss, this book is the first to address Health at Every Size (HAES), Motivational Interviewing (MI), and a non-diet, wellness approach to managing health and weight within one comprehensive text. The book is divided into three parts. Part One explores the three basic concepts of the book, the argument for a focus on wellness rather than body weight, the Health at Every Size paradigm, and Motivational Interviewing. Part Two provides more detailed background information for professionals and academics. It presents the science behind the approaches. Included articles offer clear, cogent explanations of potential risks and failures in a weight-centered approach to health, as well as discussions of the risks of a weight centered approach, including disordered eating and body image issues. This section of the book also provides information on how rigid attachment to dietary guidelines can be harmful to consumers, with a special exploration of the dangers posed to children. Part Two ends with articles exploring the need for size acceptance, teaching the concept of Health at Every Size, and the importance of teaching Health at Every Size ideas in the training of health care professionals. Part Three of the book helps health care professionals communicate a non-diet approach to clients and patients, as well as a discussion of the use of Motivational Interviewing techniques with a non-diet approach. Moving away from traditional approaches to weight loss, the included chapters discuss mindful eating, the eating competence model, practical steps for improving health, and non-dieting and spirituality. Wellness, Not Weight: Health at Every Size and Motivational Interviewing speaks to the emerging movement emphasizing wellness, not weight. Written with passion and insight, the book encourages people to nourish and exercise their bodies in healthy, loving and joyous ways. This book can be used in Health Sciences, Nutrition and Food Science, and Public Health courses. It is also useful for courses in Sociology, Psychology, and Women's Studies. Ellen Glovsky, Ph.D, RD, LDN is a Registered Dietitian and a member of the teaching faculty at Northeastern University in Boston, MA. Dr. Glovsky conducts workshops and consultations on Motivational Interviewing (MI) for a variety of organizations around the US. She is a member of the Motivational Interviewing Network of Trainers (MINT), the international professional organization of MI practitioners and trainers. Dr. Glovsky maintains a private practice in which she offers treatment for eating disorders and weight management. In its refined Third Edition, this popular casebook responds to both changes in the field and user feedback. ENVIRONMENTAL REGULATION: Law, Science, and Policy, Third Edition, Is skillfully designed to help students and professors navigate this complex area of law. The authors bring clarity and coherence To The study of environmental regulations And The policy considerations that shape them, with: comprehensive coverage that supplies a complete introduction to environmental law while it allows professors flexibility to choose which topics to emphasize a detailed examination of policy that goes beyond an explanation of the regulatory structure to explore the political, economic, and ethical concerns that influence policy and enforcement effective teaching and study aids including charts and diagrams that map the structure of each major environmental statute, problems and questions based on real-life situations, and 'pathfinders' to explain where to locate crucial source materials a website (<http://www.law.umaryland.edu/courses/environment>) that continually updates subjects covered in the book with links that enable students to learn more about topics of interest detailed suggestions for teaching from the book provided in an extensive Teacher's Manual engaging and student-friendly text that demystifies the field Updated features of ENVIRONMENTAL REGULATION: Law, Science, and Policy, Third Edition, include: Updated coverage of the Clean Air Act New chapter on Land Use Regulation and Regulatory Policy Broader coverage of issues of federalism and congressional authority New problem exercises, and cases, including the Supreme Court's year 2000 Laidlaw decision on standing in citizen enforcement actions When you select materials for your next course, consider the book that provides you with the most recent information and lets you organize it to suit your individual teaching preferences - ENVIRONMENTAL REGULATION: Law, Science, and Policy, Third Edition. Authors' website: <http://www.law.umaryland.edu/courses/environment> Feeding is the foundation of every horse's health, and every owner cares about it, but answers can be hard to find. Based on solid science and the author's long experience, Feed Your Horse Like A Horse illuminates the secrets of equine nutrition and points the way toward lifelong vitality for your horse. Part I explains the physiology of the horse's digestion and nutrient use; Part II offers recommendations for specific conditions such as insulin resistance and laminitis, as well as discussion about feeding through the life stages, from foals to athletes to aged horses. Whether you are a novice horse owner or a seasoned professional, Feed Your Horse Like A Horse will be your most valuable resource on equine nutrition. You'll begin in Section 1 with an up-to-date overview of nutrition and horse physiology that is designed for everyone, from the novice to the lifelong horseman. Section 2 will empower you to make the right feeding decisions that support your horse's innate needs, regardless of his condition or activity type. As a reference book, you have the freedom to choose which sections to read. Topics include: - Choosing the right hay or concentrates - Helping easy and hard keepers - How vitamins and minerals work - Recognizing and eliminating stress - Importance of salt and other electrolytes - Treating insulin resistance - Reducing the risk of laminitis - Recovery for the rescued horse - Nutrient fundamentals - Dealing with genetic disorders - Managing allergies - Alleviating arthritis - Diagnosing equine Cushing's disease - Preventing ulcers and colic - Feeding treats safely - Pregnancy and lactation - Feeding the orphaned foal - Optimizing growth - Optimizing athletic work and performance - Changing needs as horses age - Considerations for donkeys and mules Juliet M. Getty, Ph.D. is a consultant, speaker, and writer in equine nutrition. A retired university professor and winner of several teaching awards, Dr. Getty presents seminars to horse organizations and works with individual owners to create customized nutrition plans designed to prevent illness and optimize their horses' overall health and performance. Based in beautiful rural Bayfield, Colorado, Dr. Getty runs a consulting company, Getty Equine Nutrition, LLC ([GettyEquineNutrition.com](http://GettyEquineNutrition.com)), through which she helps horse owners locally, nationally, and internationally. The well-being of the horse remains Dr. Getty's driving motivation, and she believes every horse owner should have access to scientific information in order to give every horse a lifetime of vibrant health. Being healthy is much more than being physically fit and free from disease. Health is the state of well-being in which all of the components of health -- physical, emotional, social, mental, spiritual, and environmental -- are in balance. To be truly healthy, you must take care of all six components. - p. 11. This Open access book offers updated and revised information on vessel health and preservation (VHP), a model concept first published in poster form in 2008 and in JVA in 2012, which has received a great deal of attention, especially in the US, UK and Australia. The book presents a model and a new way of thinking applied to vascular access and administration of intravenous treatment, and shows how establishing and maintaining a route of access to the bloodstream is essential for patients in acute care today. Until now, little thought has been given to an intentional process to guide selection, insertion and management of vascular access devices (VADs) and by default actions are based on crisis management when a quickly selected VAD fails. The book details how VHP establishes a framework or pathway model for each step of the patient experience, intentionally guiding, improving and eliminating risk when possible. The evidence points to the fact that reducing fragmentation, establishing a pathway, and teaching the process to all stakeholders reduces complications with intravenous therapy, improves efficiency and diminishes cost. As such this book appeals to bedside nurses, physicians and other health professionals. The statistics are disturbing: steadily rising numbers of sedentary overweight children and obese teens, and a generation looking at a shorter life expectancy than their parents'. But while it may be obvious that physical fitness benefits both the mind and body, a growing research base is supplying evidence of why this is so, and how these benefits may be reproduced in greater numbers. Physical Activity Across the Lifespan makes a clear, scientific case for exercise, sports, and an active lifestyle in preventing illness and establishing lifetime health habits at both the individual and the population levels. The book focuses on key aspects of physical/mental well-being—weight, mood, and self-regulation—and the role of physical activity in public health and school-based interventions targeting these areas. Contributors review definitional and measurement issues salient to understanding what physical activity is, to analyzing benefits of participation, and to implementing effective interventions. Also addressed are limitations of current research, steps needed to continue building the field, and emerging therapeutic possibilities for activity, such as the role of rough and tumble play in preventing ADHD.

Included in the coverage: Physical activity, cognition, and school performance. The influence of social and built environments on physical activity in middle-aged and older adults. Preventing and treating obesity through physical activity. Physical activity in preventing drug use and treating chemical dependence. Antidepressant properties of physical activity. Schools as a foundation for physical activity and an active lifestyle. Physical activity as an adjunct or booster to existing interventions. Physical Activity Across the Lifespan is an innovative text for researchers and practitioners in various disciplines including health promotion/disease prevention, child and school psychology, education, health psychology, and public health, as well as program developers and policymakers in these areas. Audisee® eBooks with Audio combine professional narration and text highlighting for an engaging read aloud experience! It's almost Field Day! But Natalie's team isn't ready for the big race. Their muscles get tired easily. Ms. Starr teaches them about aerobic and anaerobic exercise. They learn some stretching exercises too. Now they're full of energy. Can they win the beach ball relay? Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives. Essential Health Skills provides the skills and information students need to make responsible decisions and promote a lifetime of health and wellness. This third edition features cutting-edge, contemporary health topics, such as vaping, opioid addiction, social media, mindfulness and mental health, and online communication and relationships. In Essential Health Skills, students will have the opportunity to practice their health skills in a variety of contexts, related to the subjects that most apply to their lives. Content and skills align to the National Health Education Standards. 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Features such as Health in the Media connect concepts to experiences with media, including social media. Local and Global Health features help students apply skills in their own communities and globally. Skills for Health and Wellness features demonstrate how health skills can be used in different situations, and Health Across the Life Span features show how decisions today affect a person's future. A wide variety of technology is available to physical educators, health teachers, and coaches—but technology is only helpful if people know how to use it effectively. This text will help health and physical education teachers and coaches improve their abilities by learning to effectively use technology in the areas of instruction, assessment, management, communication, professional development, and advocacy. The effective use of technology as outlined in this book can improve student and athlete performance and assessment and motivate active and healthy lifestyles among students. An important distinction with this book is that it goes beyond simply discussing the technology tools—it helps readers understand how to use technology to improve instruction. Practical examples of how to use various technological tools are included for different settings and a variety of age groups (child to adult). Readers will learn about the effective use of technology in physical education, health education, and coaching. Technology for Physical Educators, Health Educators, and Coaches is a practical, hands-on text that offers a number of useful tools: What Does the Research Say? sidebars that provide evidence for which technologies do and do not work in physical education, health education, and sport coaching, with accompanying explanations Tips, examples, and interviews from seasoned professionals on various types of technology Chapter objectives, key terms, review questions, and open-ended discussion questions, which could prove useful for online discussion boards Instructor ancillaries, including PowerPoint presentations and learning management system (LMS)–ready quizzes for each chapter, that help instructors organize, plan, teach, and assess content effectively Online web resource that offers a variety of tools, including additional practitioner interviews; links to websites, videos, and podcasts; sample handouts, and other activities and resources from practicing professionals. The online web resource will be updated annually to keep current with the changing technology. Social media accounts (@Tech4HPECoach) on Twitter and Facebook allow readers to further connect and share ideas. Use the hashtag #Tech4HPECoach across various social media platforms too! (The web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.) The text is organized into six parts. Part I focuses on how technology can assist in meeting specific goals, objectives, and national standards within physical education, health education, and sport coaching. Part II covers technology for class and team management as well as communication technology, while part III explores how to leverage technology to facilitate teaching and learning, including within a traditional classroom, online, and with special populations. The authors address how to use technology for assessment in part IV, and part V delves into how technology can benefit professional development and advocacy. In part VI, the authors detail the all-important legal and financial aspects of technology. The Public Health Foundation (PHF) in partnership with the Centers for Disease Control and Prevention (CDC) is pleased to announce the availability of Epidemiology and Prevention of Vaccine-Preventable Diseases, 13th Edition or “The Pink Book” E-Book. This resource provides the most current, comprehensive, and credible information on vaccine-preventable diseases, and contains updated content on immunization and vaccine information for public health practitioners, healthcare providers, health educators, pharmacists, nurses, and others involved in administering vaccines. “The Pink Book E-Book” allows you, your staff, and others to have quick access to features such as keyword search and chapter links. Online schedules and sources can also be accessed directly through e-readers with internet access. Current, credible, and comprehensive, “The Pink Book E-Book” contains information on each vaccine-preventable disease and delivers immunization providers with the latest information on: Principles of vaccination General recommendations on immunization Vaccine safety Child/adult immunization schedules International vaccines/Foreign language terms Vaccination data and statistics The E-Book format contains all of the information and updates that are in the print version, including: · New vaccine administration chapter · New recommendations regarding selection of storage units and temperature monitoring tools · New recommendations for vaccine transport · Updated information on available influenza vaccine products · Use of Tdap in pregnancy · Use of Tdap in persons 65 years of age or older · Use of PCV13 and PPSV23 in adults with immunocompromising conditions · New licensure information for varicella-zoster immune globulin Contact bookstore@phf.org for more information. For more news and specials on immunization and vaccines visit the Pink Book's Facebook fan page With content targeted specifically toward the college-age population, Fitness and Wellness: A Way of Life With HKPropel Access presents evidence-based physical and mental health guidance to point students toward healthy choices that will develop into healthy lifestyles. Authors Carol K. Armbruster, Ellen M. Evans, and Catherine M. Laughlin have more than 80 years of combined health and wellness professional experience, the majority of which has focused on the college population. This enables them to present the material in a contemporary manner that is easily relatable and understood by students. Relevant information on topics such as cardiovascular exercise, strength training, stretching, nutrition, weight management, stress management, substance abuse and addiction, and sexual health will start students on the path to developing a healthy mind and body, which can lead to a better quality of life. Additionally, because Fitness and Wellness: A Way of Life emphasizes behavior modification to develop desired habits, students are armed with the tools they need to make healthy lifestyle changes—for both the present and future: Related online learning tools delivered through HKPropel offer 48 video clips and practical learning activities to provide real-life context to the material Behavior Check sidebars help students integrate health and wellness concepts into their daily lives Now and Later sidebars encourage students to consider how their actions today will affect them in the future The Functional Movement Training section shows exercises to strengthen specific muscles and explains their importance for common activities Infographics, evidence-based tables, and figures illustrate and reinforce key concepts so they are easy to understand The online activities in HKPropel offer students the unique opportunity to engage directly with the content and practice the exercises and strategies presented. In addition to the 48 exercises demonstrating proper exercise technique, lab activities for each chapter will guide students in completing individual assessments, setting goals, and identifying the pros and cons of modifying their behavior. The labs may be assigned by instructors and tracked within HKPropel, and chapter quizzes (assessments) that are automatically graded may also be assigned to gauge student comprehension of the content. The primary goal of Fitness and Wellness: A Way of Life is to provide a personal, evidence-based tool to help students embrace living well. They will learn how to make healthy choices and positive behavior changes to lead and sustain healthier, happier, and more productive lives, now and in the future. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

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