

# NOW INTRODUCING: *LIVEWELL WITH FIT & WELL*

*Fit & Well* gives students the knowledge and skills they need to make meaningful and lasting behavior change. The new edition combines proven science-based content and digital teaching and learning tools with the exciting introduction of liveWell—an innovative online, multimedia program designed to help college students improve their exercise, eating, and stress management habits.

liveWell, created by Dr. James Prochaska, is a two-part, **self-administered program** that includes the following:

- An online, personalized assessment of current health-related behaviors and readiness to make meaningful behavior change.
- A Personal Activity Center (home page) containing activities, such as exercise videos and stress management tools, matched to each individual's behavior change goals and readiness to change.



# THE *FIT & WELL* LEARNING SYSTEM

liveWell complements the existing digital and print instructional tools that make up the *Fit & Well* program. At the center of these tools is Connect, McGraw-Hill's digital learning platform, featuring LearnSmart.

Connect offers a wealth of interactive online content, including fitness labs and self-assessments, video activities on timely health topics such as tattooing and tanning beds, a fitness and nutrition journal, a behavior change workbook, exercise demonstration videos, and practice quizzes with immediate feedback. The media-rich e-book available with Connect Plus contains embedded video clips and full-color images and features note-taking and highlighting functionality. LearnSmart, McGraw-Hill's unparalleled adaptive testing program, diagnoses students' knowledge of a subject and then creates an individualized path to help them master fitness and wellness concepts and increase their academic performance. Most important, LearnSmart for *Fit & Well* helps students establish a solid conceptual foundation that will enable them to create a personal path toward healthy change and lifetime wellness.

Instructors have this to say about Connect for *Fit & Well*:

*"Since using Connect my overall grades at the end of the semester have improved tremendously. Connect is easy to use and a great addition to my Health and Wellness class."*

—Donna Campbell, Abraham Baldwin College

*"I am very impressed with CONNECT and think it a vital part of using this book."*

—Jason Slack, Utah Valley University

*"McGraw Hill has done a fabulous job of keeping up with HOW students learn . . . CONNECT is the key to separating this text from all the others. CONNECT is an awesome tool which makes our jobs as instructors much easier"*

—Alan Kramer, Abraham Baldwin Agricultural College

*"I love CONNECT! I use this exclusively for all the assignments for the course."*

—Tracy Yengo, University of Wisconsin – Eau Claire

# PROVEN, SCIENCE-BASED CONTENT

The digital teaching and learning tools within Connect are built on the solid foundation of *Fit & Well's* authoritative, science-based content. *Fit & Well* is written by experts who work and teach in the fields of exercise science, physical education, and health education. *Fit & Well* provides accurate, reliable current information on key health and fitness topics while also addressing issues related to mind-body health, research, diversity, gender, and consumer health.



**Fitness Tips and Wellness Tips** catch students' attention and get them thinking—and doing something—about their fitness and wellness.



**Diversity Matters** features address the ways that our personal backgrounds influence our health strengths, risks, and behaviors.



**Wellness in the Digital Age** sections focus on the many fitness- and wellness-related devices and applications that are appearing every day.



**In Focus** sections explore current trends and topics in fitness and wellness, such as high-interval training and exercising with kettlebells, stability balls, and medicine balls.



**Evidence for Exercise** sections demonstrate that physical activity and exercise recommendations are based on solid scientific evidence.



**Hands-on lab activities** give students the opportunity to assess their current level of fitness and wellness and to create their own individualized programs for improvement.



**Critical Consumer** boxes help students navigate the numerous and diverse set of health-related products currently available.



**Exercise photos and online videos** demonstrate exactly how to correctly perform exercises described in the text.

# CHAPTER-BY-CHAPTER CHANGES

## Chapter 1

- The discussion of the dimensions of wellness has been thoroughly updated, with the addition of *financial wellness* as a seventh dimension.
- All of the chapter's statistical material has been updated to reflect the latest information on morbidity, mortality, and measures of quality of life.

## Chapter 2

- New information has been added on the negative health effects of prolonged sitting.
- The discussion of the health benefits of moderate and intense exercise has been thoroughly updated with the newest research.
- A new section discusses the relationship between somatype (body build) and preferred exercise types.
- Relevant content has been updated with the most recent statistics available from the CDC on the physical activity and exercise habits of Americans.

## Chapter 3

- The discussion of the many health benefits of cardiorespiratory endurance exercise has been updated with the latest research.
- A new section discusses the role of cardiorespiratory exercise in increasing acute inflammation and decreasing chronic inflammation.
- The Beep Test has been added to Lab 3.1, "Assessing Your Current Level of Cardiorespiratory Endurance."
- A new In Focus feature has been added, titled "Cross Training Your Way to Fitness."
- A new section explores the pros and cons of barefoot running and minimalist footwear.

## Chapter 4

- Extensive new coverage (with photographs) provides instructions for strength-training exercises that can be done with no or minimal equipment, outside of the gym. A set of related videos are available in Connect.

- New coverage (with photographs) describes the techniques and benefits of working out with a kettlebell. Related videos are available in Connect.
- A new section addresses the efficacy of vibration training.
- New content addresses the insignificance of THR when writing FITT plans for strength/endurance.

## Chapter 5

- The Front Plank test has been added to Lab 5.4, "Assessing Muscular Endurance for Low-Back Health."
- Stability ball exercises have been added to the section on Low-Back Stretches, along with a related video in Connect.

## Chapter 6

- All data and information on the prevalence of overweight and obesity among American adults has been updated; two new figures better represent this data visually.
- The coverage of BMI has been significantly updated with new information regarding the problems of using BMI to predict health and longevity.
- A new section outlines the relationship between body composition and somatotype.
- Bioelectrical Impedance and U.S. Navy Circumference Methods have been added to Lab 6.1, "Assessing Body Mass Index and Body Composition."

## Chapter 7

- The section on stability balls includes new information regarding their efficacy as a training tool.
- New content addresses the link between weight training programs and blood vessel stiffness.
- The section on using apps in your training programs now includes the Nike Training Club.

## Chapter 8

- The coverage of fats has been completely revised to reflect the latest research on the health effects of saturated, trans, monosaturated, and polysaturated fats.
- The section on carbohydrates has been extensively updated and revised.
- A new section addresses the prevalence of functional foods in the American diet.

- Coverage of the 2011 Food Safety Modernization Act has been added.

### Chapter 9

- Statistics on overweight and obesity in the United States have been updated throughout the chapter.
- A new section, “Overweight and Obesity Defined,” clarifies the definitions and implications of these two terms.
- A new “Critical Consumer” box titled “Is Any Diet Best for Weight Loss?” addresses the proven success rates of various popular weight-loss diets.
- The discussion of hidden and undisclosed ingredients in weight-loss drugs has been extensively updated.
- The box “Diversity Matters: Gender, Ethnicity, and Body Image” has been updated to reflect the latest research.

### Chapter 10

- The discussion of the relationship between exercise and mental health has been extensively updated to reflect the latest research and recommendations.
- Relevant statistics have been updated with the latest findings from the 2011 *Stress in America* survey.
- Coverage of the relationship between sleep problems and stress has been updated with the latest data from the National Sleep Foundation.

### Chapter 11

- All statistics have been updated to reflect the latest data from the American Heart Association’s Heart Disease and Stroke Statistics, 2013
- The section “What To Do in Case of a Heart Attack, Stroke, or Cardiac Arrest” has been updated with the latest recommendations from the American Heart Association.
- Coverage of the effect of exercise on CVD risk has been extensively updated with new research findings and guidelines.

### Chapter 12

- All statistics have been updated to reflect the latest data from authoritative sources, including the American Cancer Society’s Cancer Facts and Figures, 2013.

- A new “In Focus” box, “Genetic Testing,” discusses genetic testing for and possible genetic treatment of cancer.
- Table 12.2, “Screening Guidelines for the Early Detection of Cancer,” has been updated with the latest recommendations from the American Cancer Society.
- New coverage addresses emerging cancer treatments, such as monoclonal antibody therapy.

### Chapter 13

- The chapter has been revised throughout to reflect the new definitions of dependence and addiction present in *DSM-5*.
- A new section discusses the “flushing syndrome” exhibited by some people in response to alcohol.
- The discussion of the effects of smoking during pregnancy has been updated to reflect the latest research.
- The section “Action Against Tobacco” has been updated with the latest legislation against tobacco at the local, state, and federal levels.

### Chapter 14

- The chapter has been updated with the terminology “sexually transmitted infection,” to reflect the latest scientific usage.
- Statistics throughout the chapter have been updated with the latest information from sources such as the CDC, WHO, Guttmacher Institute, and others.
- The box “Evidence for Exercise: Does Exercise Help or Harm the Immune System?” has been updated with the latest research.

### Chapter 15

- All data and statistics have been updated with the latest findings from the World Health Organization, World Wildlife Fund, United Nations, and others.
- New coverage addresses the prevalence, pros, and cons of biodiesel and all-electric vehicles.
- Updated coverage of nuclear power includes the 2011 Fukushima Daiichi nuclear disaster.
- A new section on noise pollution includes recommendations for avoiding hearing damage.

# IMPROVE YOUR COURSE OUTCOMES

## CONNECT

**Connect for *Fit & Well*** is a highly interactive learning environment designed to help students connect to the resources they will need to achieve success. Connect provides a wealth of assignments to encourage and track behavior change and to help ensure that students comprehend what they are reading and will succeed in the course.

**Connect Plus** includes the addition of an integrated, interactive e-book. Optimized for the Web, the e-book immerses students in a flexible, interactive environment.

## LEARNSMART

**LearnSmart**, McGraw-Hill's adaptive learning system, helps assess student knowledge of course content and maps out a personalized study plan for success. Accessible within **Connect for *Fit & Well***, **LearnSmart** uses a series of adaptive questions to pinpoint the concepts students understand—and those they don't. The result is an online tool that helps students learn faster and study more efficiently and enables instructors to customize classroom lectures and activities to meet their students' needs.

## SMARTBOOK

Fueled by LearnSmart—the most widely used and intelligent adaptive learning resource—**SmartBook** is the first and only adaptive reading experience available today.

Distinguishing what a student knows from what they don't, and honing in on concepts they are most likely to forget, **SmartBook** personalizes content for each student in a continuously adapting reading experience. Reading is no longer a passive and linear experience, but an engaging and dynamic one where students are more likely to master and retain important concepts and come to class better

prepared. Valuable reports provide instructors insight as to how students are progressing through textbook content and are useful for shaping in-class time or assessment. As a result of the adaptive reading experience found in SmartBook, students are more likely to retain knowledge, stay in class, and get better grades. This revolutionary technology is available only from McGraw-Hill Education and for hundreds of course areas as part of the LearnSmart Advantage series.

## CREATE

Design your ideal course materials with McGraw-Hill's **Create**—[www.mcgrawhillcreate.com](http://www.mcgrawhillcreate.com)! Rearrange or omit chapters, combine material from other sources, and/or upload your syllabus or any other content you have written to make the perfect resources for your students. Search thousands of leading McGraw-Hill textbooks to find the best content for your students, then arrange it to fit your teaching style. You can even personalize your book's appearance by selecting the cover and adding your name, school, and course information. When you order a **Create** book, you receive a complimentary review copy. Get a printed copy in 3 to 5 business days or an electronic copy (eComp) via e-mail in about an hour. Register today at [www.mcgrawhillcreate.com](http://www.mcgrawhillcreate.com) and craft your course resources to match the way you teach.

## COURSESMART

**CourseSmart** offers thousands of the most commonly adopted textbooks across hundreds of courses from a variety of higher education publishers. It is the only place for faculty to review and compare the full text of a textbook online, providing immediate access without the environmental impact of requesting a printed exam copy. At **CourseSmart**, students can save up to 50% off the cost of a printed book, reduce their impact on the environment, and gain access to powerful Web tools for learning, including full text search,

notes and highlighting, and email tools for sharing notes among classmates. Learn more at [www.coursesmart.com](http://www.coursesmart.com).

## McGraw-Hill Campus

**McGraw-Hill Campus** is the first of its kind institutional service providing faculty with true single sign-on access to all of McGraw-Hill's course content, digital tools, and other high-quality learning resources from any learning management system (LMS). This innovative offering allows for secure and deep integration and seamless access to any of our course solutions, such as McGraw-Hill Connect, McGraw-Hill Create, McGraw-Hill LearnSmart, or the Tegrity

lecture capture tool. **McGraw-Hill Campus** includes access to our entire content library, including e-books, assessment tools, presentation slides, and multimedia content, among other resources, providing faculty open and unlimited access to prepare for class, create tests/quizzes, develop lecture material, integrate interactive content, and much more.

## Online Learning Center for Fit & Well

The **Online Learning Center (OLC)** at [www.mhhe.com/fahey11e](http://www.mhhe.com/fahey11e) contains a wealth of instructor resources, including a Course Integrator Guide, Test Bank, and PowerPoint presentations for each chapter. The vast majority of images from the print text are also included on the site.