

# **Health Basics Donatelle 10th Edition Proactiveore**

Rebecca J. Donatelle

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medicine as well as free access to StudentBody101 com a brand new online assessment tool This market leading health text continues to provide students with the tools necessary to develop a comprehensive understanding of current trends in health as well as how these trends impact their everyday lives The addition of several new boxed features new material on the emerging concept of spiritual health and a new chapter on complementary and alternative medicine all serve to maintain the contemporary focus for which Access to Health is known The seventh edition builds on the success of previous editions by providing students with the practical means to assess and manage their own health behaviors within the context of current public and community health issues New with this edition is access to the StudentBody101 com assessment tool available FREE upon request as a shrinkwrap package with the text This fully customizable Website with assessments validated by the World Health Organization provides students with invaluable interactive material on seven major topics underlying personal health alcohol sexuality tobacco drugs stress nutrition and fitness that can be customized to fit the scope of the course News stories Health Assessments and Weblinks are just a few of the features that are available to the students to enhance their classroom discussions Health Rebecca J. Donatelle, Lorraine G. Davis, 1996-07 **Health** Donatelle,2000-07 Health Rebecca J. Donatelle, Amanda Froehlich Chow, Angela M. Kolen-Thompson, 2017-02-21 Created for university and college students taking a personal health course in their first year of study The heavily revised Health The Basics provides the foundation they ll need to lead healthy lives now and in the future This text was revised to reflect and exemplify self awareness integrity respect self responsibility and gratitude and to ensure students were provided with the most current Canadian research and up to date statistical information KEY TOPICS Discovering your Personal Rhythm for Healthy Living Promoting and Preserving your Psychosocial Health Understanding and Coping with Life's Stressors Engaging in Physical Activity for Health Fitness and Performance Eating for Optimal Health and Performance Managing Your Weight Finding a Healthy Balance Committing to Relationships and Sexual Health Considering your Reproductive Choices Recognizing Use Misuse Abuse and Addiction to Drugs and Behaviours Using Alcohol Tobacco and Caffeine Responsibly and Refraining from Tobacco Use Understanding Illicit Drugs Reducing Risk for Cardiovascular Disease and Cancer Controlling Risk for Infectious and Noninfectious Conditions Choosing Healthy Living for the Environment Preventing Violence Abuse and Injury Becoming a Wise Consumer of Health Services Preparing for Aging Dying and Death MARKET Appropriate for courses in introduction to health personal health and wellness offered in most health physical education kinesiology allied health and general education departments **Health** Rebecca J. Donatelle, 2010-03-16 Books la Carte are unbound three hole punch versions of the textbook This lower cost option is easy to transport and comes with same access code or media that would be packaged with the bound book This package contains Revised website anonymous MyHealthLab self assessments the Teaching Health new mini chapters a brand new art program with a new lively design and additional content on behavior change **HEALTH** REBECCA. DONATELLE, 2014 **Health** Rebecca J. Donatelle, Angela Maria Kolen-Thompson, 2015

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