

Lifestyle477

Mary O. Eyles

The Power of Positive Parenting Matthew R. Sanders, Trevor G. Mazzucchelli, 2017-12-11 Safe, nurturing, and positive parent-child interactions lay the foundations for healthy child development. How children are raised in their early years and beyond affects many different aspects of their lives, including brain development, language, social skills, emotional regulation, mental and physical health, health risk behavior, and the capacity to cope with a spectrum of major life events. As such, parenting is the most important potentially modifiable target of preventive intervention. The Power of Positive Parenting provides an in-depth description of Triple P, one of the most extensively studied parenting programs in the world, backed by more than 30 years of ongoing research. Triple P has its origins in social learning theory and the principles of behavior, cognitive, and affective change, and its aim is to prevent severe behavioral, emotional, and developmental problems in children and adolescents by enhancing the knowledge, skills, and confidence of parents. Triple P incorporates five levels of intervention on a tiered continuum of increasing strength for parents of children from birth to age 16. The programs comprising the Triple P system are designed to create a family-friendly environment that better supports parents, with a range of programs tailored to their differing needs. This volume draws on the editors' experience of developing Triple P, and chapters address every aspect of the system, as well as how it can be applied to a diverse range of child and parent problems in different age groups and cultural contexts.

Urban Dynamics, Environment and Health Braj Raj Kumar Sinha, 2024-01-03 The comprehensive volume focuses on spatial, temporal, conceptual and empirical approaches to various elements of urban dynamics, environment and urban health. It demonstrates a multidisciplinary account of the significant dimensions of urbanization and urban life. Chapters by leading international experts are presented in sections on urban dynamics, Urban Environmental Issues, Urban Health Problems and Urban Development, Planning and Policies. Each chapter provides a breadth of information on conceptual and empirical studies of urban issues. It enables the readers to understand the interconnections of various vital elements of each urban-related topical issue locally, regionally and globally. Extensive maps, charts, diagrams and tables as cartographic tools facilitate the reader's understanding. It also outlines an action plan for policy program change in both the developed and less developed countries toward sustainable urban development and environment for better health, prosperity and quality of life of the present and future urban population. It is an indispensable reference for students, research scholars of geography and environmental, medical, and social sciences at undergraduate and postgraduate levels.

Lifestyle Medicine, Third Edition James M. Rippe, 2019-04-17 The field of lifestyle medicine, which is the study of how daily habits and actions impact on both short- and long-term health and quality of life, continues to expand globally. The scientific and medical literature that supports the success of these lifestyle habits and actions is now overwhelming. Thousands of studies provide evidence that regular physical activity, maintenance of a health body weight, following sound nutritional practices, stress reduction, and other good practices all profoundly impact both health and quality of life. Following its predecessors, *Lifestyle Medicine, Third Edition*, is edited by lifestyle medicine pioneer, cardiologist Dr. James Rippe. This edition has been thoroughly updated and represents the expert opinions of 20 section editors as well as more than 150 expert chapter authors whose knowledge span all aspects of this emerging discipline. Topics cover lifestyle medicine practices including regular physical activity, proper nutrition, and weight management. These principles are applied to the prevention and or treatment of a wide variety of chronic conditions ranging from heart disease and diabetes to cancer, mental health, addiction, and injury prevention. This book serves as evidence base for individuals who wish to practice lifestyle medicine or incorporate some of its principles into either general medicine or subspecialty practice. It provides valuable information to healthcare workers in the fields of nutrition, exercise physiology, psychology, behavioral medicine, health promotion, and public policy where lifestyle medicine principles play an ever-increasing role.

Handbook of Qualitative Health Research for Evidence-Based Practice Karin Olson, Richard A. Young, Izabela Z. Schultz, 2015-10-12 This progressive reference redefines qualitative research as a crucial component of evidence-based practice and assesses its current and future impact on healthcare. Its introductory section explains the value of sociocultural context in case conceptualization, and ways this evidence can be integrated with quantitative findings to inform and transform practice. The bulk of the book's chapters review qualitative research in diverse areas, including pain, trauma, heart disease, COPD, and disabling conditions, and examine ways of effectively evaluating and applying qualitative data. This seismic shift in perception moves the healing professions away from traditional one-size-fits-all thinking and toward responsive, patient-centered care. Among the topics in the Handbook: ·Examining qualitative alternatives to categorical representation. ·The World Health Organization model of health: what evidence is needed? ·Qualitative research in mental health and mental illness. ·Qualitative evidence in pediatrics. ·The contribution of qualitative research to medication adherence. ·Qualitative evidence in health policy analysis. The Handbook of Qualitative Health Research for Evidence-Based Practice offers health and clinical psychologists, rehabilitation specialists, occupational and physical therapists, nurses, family physicians and other primary care providers new ways for understanding patients' health-related experiences and opens up new ways for developing interventions intended to improve health outcomes.

Krause's Food & the Nutrition Care Process - E-Book L. Kathleen Mahan, Sylvia Escott-Stump, 2011-08-25 The most respected nutrition text for more than 50 years, *Krause's Food and the Nutrition Care Process* delivers comprehensive and up-to-date information from respected educators and practitioners in the field. The latest recommendations include the new MyPlate guide, the Dietary Guidelines for Americans 2010, new and expanded chapters, and a large variety of tables, boxes, and pathophysiology algorithms, all providing need-to-know information with ease. New co-editor Janice L. Raymond joins L. Kathleen Mahan and Sylvia Escott-Stump and nearly 50 leading educators, researchers, and practitioners in writing a nutrition text that's ideal for use in class or everyday practice. Expert contributors include nearly 50 nationally recognized writers, researchers, and practitioners, each writing on their area of specialization. Clear, logical organization details each step of complete nutritional care from assessment to therapy. UNIQUE! Pathophysiology algorithms clarify the illness process and to ensure more effective care. New Directions boxes reflect the latest research in emerging areas in nutrition therapy. Focus On boxes provide additional detail on key chapter concepts. Clinical Insight boxes and Clinical Scenarios with detailed Sample Nutrition Diagnosis statements help ensure the most accurate and effective interventions in practice. Key terms listed at the beginning of each chapter and bolded within the text provide quick access to important nutrition terminology. More than 1,000 self-assessment questions on a companion Evolve website reinforce key textbook content. New recommendations reflect a comprehensive approach to diet and nutrition that incorporates the USDA's MyPlate guide, Dietary Guidelines for Americans 2010, and the Eating Well with Canada's Food Guide recommendations. Reorganized table of contents reinforces the Nutrition Care Process structure endorsed by the American Dietetic Association (ADA). MNT for Thyroid Disorders chapter details important nutrition considerations for managing thyroid disorders. New calcium and vitamin D Dietary Recommended Intakes (DRIs) improve monitoring of nutrient intake. Expanded Nutrition in Aging chapter includes assessment and nutritional care guidelines for the growing elderly patient population. Growth grids for children detail proper patient nutrition during infancy and early childhood. Extensively revised MNT for Food Allergies chapter highlights the importance of food allergy management in clinical nutrition therapy. Updated appendices enhance assessment accuracy with the latest laboratory findings and normal values.

Mosby's Comprehensive Review of Practical Nursing for the NCLEX-PN® Exam - E-Book Mary O. Eyles, 2010-10-11 This title includes additional digital media when purchased in print format. For this digital book edition, media content is not included. Prepare for success on the boards with *Mosby's Comprehensive Review of Practical Nursing for the NCLEX-PN® Examination*! An outline format makes studying easier, and chapters organized by core clinical areas make review more efficient. Separate chapters help you

focus on the specialty areas such as pharmacology, nutrition, and emergency nursing. Practice questions in each chapter are written in NCLEX examination style and include detailed rationales for both correct and incorrect answers. Developed by NCLEX-PN expert Mary O. Eyles, PhD, RN, this guide also includes a comprehensive exam to prepare you for the test-taking experience. More than 1,494 questions provided in book for plenty of practice Rationales for both correct and incorrect answers help you understand the reasoning behind each answer option. Page references to Elsevier textbooks provide fast, efficient remediation for each question. Alternate item format questions reflect the NCLEX-PN exam with prioritization, multiple response, chart/exhibit, and illustrated questions. Test-taking strategies include helpful tips in preparing for nursing exams and the NCLEX-PN exam. The comprehensive exam includes questions in all clinical areas, reflecting content on the current NCLEX-PN exam. A breakdown of the changes to the 2008 NCLEX-PN test plan prepares you for the latest version of the exam.

Bioactive Food as Dietary Interventions for Diabetes Ronald Ross Watson, Victor R. Preedy, 2012-10-23 The role of diet in the prevention, control and treatment of diabetes continues to provide significant opportunity for non-pharmaceutical interventions for many of the over 20 million people who live with this disease. Looking beyond traditional dietary controls may lead to more effective, cost efficient, and flexible options for many patients. Bioactive Food as Dietary Interventions for Diabetes is the only available scientific resource focused on exploring the latest advances in bioactive food research, and the potential benefit of bioactive food choice on the diabetic condition. Written by experts from around the world, it presents important information that can help improve the health of those at risk for diabetes and diabetes related conditions using food selection as its foundation. Focuses on the role of bioactive foods in addressing pre-diabetes symptoms, their potential to complement other treatments for those suffering from diabetes and diabetic-related obesity and other health issues Documents foods that can affect metabolic syndrome and ways the associated information could be used to understand other diseases that share common etiological pathways Includes insights from experts from around the world, providing global perspectives and options based on various regional foods

The Cartiers Francesca Cartier Brickell, 2021-06-08 “A dynamic group biography studded with design history and high-society dash . . . [This] elegantly wrought narrative bears the Cartier hallmark.”—The Economist The “astounding” (André Leon Talley) story of the family behind the Cartier empire and the three brothers who turned their grandfather’s humble Parisian jewelry store into a global luxury icon—as told by a great-granddaughter with exclusive access to long-lost family archives “Ms. Cartier Brickell has done her grandfather proud.”—The Wall Street Journal The Cartiers is the revealing tale of a jewelry dynasty—four generations, from revolutionary France to the 1970s. At its heart are the three Cartier brothers whose motto was “Never copy, only create” and who made their family firm internationally famous in the early days of the twentieth century, thanks to their unique and complementary talents: Louis, the visionary designer who created the first men’s wristwatch to help an aviator friend tell the time without taking his hands off the controls of his flying machine; Pierre, the master dealmaker who bought the New York headquarters on Fifth Avenue for a double-stranded natural pearl necklace; and Jacques, the globe-trotting gemstone expert whose travels to India gave Cartier access to the world’s best rubies, emeralds, and sapphires, inspiring the celebrated Tutti Frutti jewelry. Francesca Cartier Brickell, whose great-grandfather was the youngest of the brothers, has traveled the world researching her family’s history, tracking down those connected with her ancestors and discovering long-lost pieces of the puzzle along the way. Now she reveals never-before-told dramas, romances, intrigues, betrayals, and more. The Cartiers also offers a behind-the-scenes look at the firm’s most iconic jewelry—the notoriously cursed Hope Diamond, the Romanov emeralds, the classic panther pieces—and the long line of stars from the worlds of fashion, film, and royalty who wore them, from Indian maharajas and Russian grand duchesses to Wallis Simpson, Coco Chanel, and Elizabeth Taylor. Published in the two-hundredth anniversary year of the birth of the dynasty’s founder, Louis-François Cartier, this book is a magnificent, definitive, epic social history shown through the deeply personal lens of one legendary family.

The Young Athlete Helge Hebestreit, Oded Bar-Or, 2008-04-30 This essential new volume in the Encyclopaedia of Sports Medicine series, published under the auspices of the International Olympic Committee, provides a thorough overview of the unique physiologic characteristics, responsiveness to training, and possible health hazards involved in the training, coaching, and medical care of young athletes. Intense involvement in competitive sports often begins during childhood. During adolescence, many athletes reach their peak performance and some may participate in World Championships and Olympic Games at a relatively young age. The Young Athlete presents the available information relevant to exercise and training in youth, reviewed and summarized by authors who are recognized as leaders in their respective fields. The Young Athlete is subdivided into seven parts covering: the physiologic bases of physical performance in view of growth and development; trainability and the consequences of a high level of physical activity during childhood and adolescence for future health; the epidemiology of injuries, their prevention, treatment, and rehabilitation; non-orthopedic health concerns including the pre-participation examination; psychosocial issues relevant to young athletes; diseases relevant to child and adolescent athletes; the methodology relevant to the assessment of young athletes. This valuable reference summarizes a large database of information from thousands of studies and is especially relevant to sports physicians, pediatricians, general practitioners, physical therapists, dietitians, coaches, students, and researchers in the exercise sciences.

Williams' Essentials of Nutrition and Diet Therapy - Revised Reprint - E-Book Eleanor Schlenker, Sara Long Roth, 2013-08-13 From basic nutrition principles to the latest nutrition therapies for common diseases, Williams’ Essentials of Nutrition & Diet Therapy, 10th Edition, Revised Reprint offers a solid foundation in the fundamental knowledge and skills you need to provide effective patient care. Authors Eleanor Schlenker and Sara Long address nutrition across the life span and within the community, with an emphasis on health promotion and the effects of culture and religion on nutrition. The revised edition has been updated with current government dietary guidelines, including the new MyPlate recommendations. Other key topics include childhood obesity, metabolic syndrome, diabetes, and food safety. Plus, evidence-based information and real-world case scenarios help you learn how to apply essential nutrition concepts and therapies in clinical practice. Case studies illustrate key concepts in authentic, real-life scenarios that reinforce learning and promote nutritional applications. Cultural Content boxes highlight the critical, yet often overlooked, role culture plays in nutrition — a role that is becoming more important as the population becomes more diverse. Feature boxes spotlight newsworthy issues related to the chapter topic, including: Diet-Medications Interactions — dietary warnings related to specific prescription drugs. Complementary and Alternative Medicine (CAM) — information on the uses, contraindications, and advantages/disadvantages of common herbs and supplements. Focus on Food Safety — important storage and preparation considerations for preventing food-borne illness. Health Promotion sections in each chapter emphasize the importance of health promotion and wellness as part of an effort to stress healthy lifestyle choices and prevention as the best medicine. Websites of Interest at the end of every chapter lists reliable Internet resources for further study and exploration of various nutrition topics. Key terms are highlighted throughout the text with definitions on the same page for instant reference. Includes complimentary online access to Nutritrac 5.0, the latest version of Mosby’s premier nutrition and exercise management program that features over 1,000 new foods and enhanced functionality. Evidence-Based Practice boxes emphasize the importance of using research to achieve the best possible patient outcomes. Expanded health promotion coverage includes the World Health Organization’s definition of health, the concept of wellness, and patient education. An in-depth discussion of childhood obesity explores the impact and prevention of this major health concern. Additional information on metabolic syndrome examines its effects on the cardiovascular system. Coverage of nutrition support includes the use of adapted feeding tools to aid patients in various disease states. Perspective in Practice boxes offer quick access to practical applications of nutrition principles. Choose Your Foods: Exchange Lists for Diabetes features the latest updates from the American Dietetic Association.

Psychological Management of Stroke Nadina B. Lincoln, Ian I. Kneebone, Jamie A. B. Macniven, Reg C. Morris, 2012-02-27

Psychological Management of Stroke presents a comprehensive review and synthesis of the current data relating to the assessment, treatment, and psychological wellbeing of stroke patients. Information on clinical practice -- and the research evidence to support that practice -- will assist clinical psychologists and other relevant health care professionals through all phases of stroke recovery and care. Each chapter features a careful synthesis of recent international research about psychological factors relevant to stroke survivors, their families, and the services in which they are cared for and treated. Research results and effective treatment approaches are complemented by the inclusion of several personal case studies that reveal the perspectives of both survivors and their carers. Written by clinical psychologists working in stroke services, Psychological Management of Stroke represents an invaluable resource for anyone involved in the treatment of the psychological aspects of stroke.

The Diabetes Textbook Joel Rodriguez-Saldana, 2019-06-27 Diabetes has become a worldwide health problem, the global estimated prevalence approaches ten percent and the burden of this disease in terms of morbidity and mortality is unprecedented. The advances acquired through the knowledge of the mechanisms of the disease and the variety of therapeutic approaches contrast with the inability of private and public health systems in underdeveloped and even developed countries to achieve the goals of treatment. This paradox has been described in many sources: the surge of scientific advances contrast with an unprecedented amount of human suffering. Thus, a patient centered and an evidence based approach with the capacity to produce measurable clinical and economic outcomes is required. The purpose of this textbook is multiple: to offer a comprehensive resource covering all aspects of outpatient management; to address diabetes as a health problem from an epidemiological, economic and clinical perspective; to discuss the role of social determinants of health on the worldwide increase in diabetes; to highlight the challenges and obstacles in providing adequate care; and to outline a multidisciplinary approach to management in which medical visits retain their importance as part of a team comprising the patient, his or her family and a multidisciplinary group of health professionals who are able to move beyond the traditional approach of diabetes as a disease and greatly improve outcomes.

Psychiatric Advanced Practice Nursing Eris F Perese, 2012-01-05 Here's an evidence-based, holistic approach to caring for psychiatric and mental health patients in outpatient settings. Using a biopsychosocial model, this text addresses mental health issues through stabilization of brain chemistry, individualized psychotherapy, and re-socialization into the community. Inside, you'll find an in-depth focus on specific psychiatric disorders including the epidemiology, etiology, biological basis, clinical presentation of adults, older adults, and children, co-morbidities, differential diagnosis, and treatment. There is also comprehensive coverage of the interventions and "Levers of Change" used to aid patients in their recovery, as well preventative interventions.

Level Up Your Life Steve Kamb, 2016-01-12 In 5 years, Steve Kamb has transformed himself from wanna-be daydreamer into a real-life superhero and actually turned his life into a gigantic video game: flying stunt planes in New Zealand, gambling in a tuxedo at the Casino de Monte-Carlo, and even finding Nemo on the Great Barrier Reef. To help him accomplish all of these goals, he built a system that allowed him to complete quests, take on boss battles, earn experience points, and literally level up his life. If you have always dreamed of adventure and growth but can't seem to leave your hobbit-hole, Level Up Your Life is for you. Kamb will teach you exactly how to use your favorite video games, books, and movies as inspiration for adventure rather than an escape from the grind of everyday life. Hundreds of thousands of everyday Joes and Jills have joined Steve's Rebellion through his popular website, NerdFitness.com, and leveled up their lives—losing weight, getting stronger, and living better. In Level Up Your Life, you'll meet more than a dozen of these members of The Rebellion: men and women, young and old, single and married, from all walks of life who have created superhero versions of themselves to live adventurously and happily. Within this guide, you'll follow in their footsteps and learn exactly how to:

- Create your own "Alter Ego" with real-life super powers
- Build your own Epic Quest List, broken into categories and difficulty levels
- Hack your productivity habits to start making progress
- Train your body for any adventure
- Build in rewards and accountability that will actually motivate you to succeed
- Travel the world freely (and cheaply)
- Recruit the right allies to your side and find powerful mentors for guidance

Adventure is out there, and the world needs more heroes. Will you heed the call?

Functional Fitness for Adults Living with Down Syndrome Pieter-Henk Boer, 2022-07-29 The purpose of this book is to provide a specific group of adults living with intellectual disability, namely Down syndrome (DS), their own unique instrument to assess functional fitness. Previously, individuals living with DS were pooled with individuals living with ID without DS, even though the presence of DS negatively affects functional fitness test performance. The need arose since many adults living with Down syndrome have poor functional ability, live sedentary lives and are overweight or obese. Functional fitness includes parameters such as flexibility, balance, aerobic capacity, functional capacity and muscular strength and endurance. The 14 test items presented in this functional fitness test battery were carefully selected after numerous literature studies and consultations with scholars and specialists who are experienced in working with adults living with DS. Also, extensive pilot studies were conducted in order to select test items best suited to the needs of adults living with Down syndrome. The feasibility, reliability, and validity were determined specifically for adults living with DS. This scholarly book provides an economical and field-based list of test items that can be used to assess, evaluate, and monitor functional fitness. The book aims to contribute to the scientific discourse, reflecting on the functional limitations seen in adults living with DS.

Aging and Age-related Diseases Michał Karasek, 2006 Ageing has become a great problem for many countries. Due to world-wide life prolongation the number of people over 60 years old has grown rapidly into a ten percent piece of the world population. The growing age of the world population raises many social, economical, and medical problems. The proportion of people in the economically active age groups to those who are over 65 is constantly decreasing. A major consequence of the increasing numbers of individuals in advanced age groups is increasing numbers of patients suffering from age-related diseases. The aim of this book is to present the basic data on human ageing as well as on age-related diseases.

Intellectual Disabilities - E-Book Helen Atherton, Debbie Crickmore, 2022-03-13 This leading textbook (previously known as Learning Disabilities) aims to further the practice of professionals and agencies who support people with intellectual disabilities. It emphasizes the strengths rather than deficits of people with intellectual disabilities, highlights the crucial role of family and friends, and places individuals firmly at the heart of everything that impacts them. Intellectual Disabilities: Toward Inclusion centres on the concepts of respecting the personhood of people with intellectual disabilities, and their rights to holistic health and to live their best lives. Most of the 27 chapters are co-authored by respected international authors, and the content has been fully updated to reflect contemporary policy, legislation and service configuration. This unique text will challenge and reframe typically held views, and provides an international focus that recognizes we have much to learn from the experiences and perspectives of other nations around the world. Comprehensive overview of the field – relevant to contemporary practice Content organized around three central themes: Who am I?; Maximizing my health; Living my best life Well-written and accessible Artwork and perspectives of people with intellectual disabilities bring content to life Authors from a range of professional backgrounds representing Australia, Austria, Germany, Iceland, Ireland, Malta, the Netherlands, Norway, South Africa, Spain, the UK, and the United States Activities, case studies, diagrams and useful web links Additional material in an online resource complements reader activities found throughout the text

Fitness for Life Canada Le Masurier, Guy C., Corbin, Charles, Baker, Kellie, Byl, John, 2016-12-09 Fitness for Life Canada is an evidence-based program focused on shifting teens from dependence to independence when it comes to healthy behaviours, including physical activity, fitness, and healthy eating. It includes an array of web-based resources for students and teachers and more than 100 lesson plans.

Fitness for Life Canada With Web Resources Guy C. Le Masurier, Charles B. Corbin, Kellie Baker, John Byl, 2017-01-17 Fitness for Life Canada: Preparing Teens for Healthy, Active Lifestyles is the only health and fitness education program backed by research and focused on shifting teens from dependence to independence when it comes to lifelong healthy lifestyles. Through Fitness for Life Canada, students are engaged in the process of personal program planning for a variety of health behaviours including physical activity, fitness, and health eating. This evidence-based and standards-based program follows a pedagogically sound scope and sequence to enhance student learning and progress and presents the science of healthy living at age-appropriate levels. Research clearly demonstrates that active and healthy adults use a variety of self-management skills to maintain their positive behaviours. Fitness for Life Canada helps students develop numerous self-management skills—such as self-assessment, self-monitoring, goal setting, finding social support, overcoming barriers, and managing time—to prepare them to independently engage in healthy lifestyles. Students also learn to engage in community physical activity opportunities, with national sport and health organizations, and with technology that supports healthy lifestyles. Through Fitness for Life Canada, students explore these aspects: The foundations of active and healthy living, including adopting healthy lifestyles and self-management skills and setting goals and planning personal programs Learning the basics for lifelong activity and health, including engaging in smart and safe physical activity, knowing how much activity is enough, and understanding healthy eating Beginning activity and building fitness, including participating in moderate- and vigorous-intensity physical activity and developing cardiorespiratory endurance Building muscle fitness and flexibility, including understanding muscle fitness applications and ergogenic aids Maintaining a healthy lifestyle, including achieving a healthy body composition, choosing nutritious foods, and making good consumer choices Creating positive and healthy experiences, including managing stress, developing lifelong leadership skills, understanding reproductive and sexual wellness, and making wise choices regarding alcohol, drugs, and tobacco Fitness for Life Canada has extensive teacher resources with more than 100 lesson plans (classroom and activity based) that provide teachers with numerous options for student assessment and opportunities to demonstrate evidence of student learning (e.g., quizzes, tests, worksheets, student demonstrations, student projects). Teachers can integrate the program with existing curricula or deliver it as a stand-alone program. They can also apply our Fitness Club approach to deliver fitness education to large numbers of students using multiple activity areas. Teacher Ancillaries are available free with the adoption and purchase of a class set of the student text. Special Features in Chapters and Units Every chapter in the student text features two classroom lessons, one feature that engages students with prominent Canadian sport organizations and health organizations, and a chapter review. The book devotes multiple lessons to personal program planning, implementation, and evaluation. Go to Sample Content to view sample page layouts that show these special features. Each unit offers a Consumer Corner feature. The teacher web resources feature the same chapter content as the student text plus three physical activity lessons per chapter that help students apply what they’ve learned from the classroom lessons. In addition, the chapters have a series of other prominent features: Lesson objectives direct student learning. Lesson vocabulary helps students understand multiple uses of words (definitions in glossary and online). Art includes a version of the physical activity pyramid for teens. Photos and design give the chapters a refreshing student-friendly look with its dynamic four-color design. Muscle art identifies the muscles used in each exercise. Fit Facts give quick information about relevant topics. Quotes from famous people reveal their thoughts on fitness, health, and wellness. Fitness Technology offers opportunities for students to use and study technology. Science in Action provides in-depth coverage of innovations in fitness, health, and wellness. Self-Assessment allows students to evaluate their fitness, health, and wellness as the first step in personal planning for improvement. Taking Charge and Self-Management allow students to learn self-management skills for adopting healthy behaviors and interacting with other students to solve problems encountered by hypothetical teens. Taking Action features activities that are supported by the lesson plans. Consumer Corner helps students become good consumers of information on fitness, health, and wellness as they learn how to separate fact from fiction. Web-Based Resources Fitness for Life Canada provides physical educators with numerous delivery and assessment options in health and physical education. Specifically, the program has more than 100 detailed activity- and classroom-based lesson plans that can be delivered out of the box for beginner teachers and are modifiable for experienced teachers. The lesson plans are supported with assessment and teaching materials such as worksheets, activity cards, PowerPoint slides, quizzes, chapter and unit tests, an online test bank, portfolios (including digital), demonstrations (live, video, and pictures), journals and reflections (written and video), class presentations and video presentations, and supplemental project ideas. For students, web resources are included with each student text and feature the following: Video clips that demonstrate the self-assessments in each chapter Video clips that demonstrate the exercise in selected chapters Worksheets without answers Review questions from the text presented in an interactive format so students can check their level of understanding Expanded discussions of topics marked by web icons in the text Vocabulary terms with definitions Teacher web resources are available free with any class set purchase and include the following: An introduction that describes the body of knowledge and pedagogical foundations behind Fitness for Life Canada as well as the evidence supporting its effectiveness Daily lesson plans, including five lessons per chapter: two classroom plans and three activity plans Worksheets with answers Premade chapter and unit quizzes with answers Activity cards and task cards Presentation package of slides with the key points for each lesson A test bank that teachers can use to make their own quizzes if they prefer SummaryFitness for Life Canada develops higher-order physical literacy knowledge and skills that help students become active and healthy adults. Fitness for Life Canada focuses on developing students’ knowledge of health and health-related fitness concepts, training principles, and personal physical activity and fitness program planning. That knowledge is combined with numerous self-management skills that are critical for maintaining physical activity, healthy eating, and general health behaviours. In short, Fitness for Life Canada enhances engagement, learning, and assessment while paving the way to a healthy lifestyle throughout the life span.

Hypertension Primer Joseph L. Izzo, Domenic A. Sica, Henry Richard Black, 2008 Now in its thoroughly updated Fourth Edition, the Hypertension Primer is a comprehensive, readable source of state-of-the-art scientific and clinical information on hypertension. The book contains 171 short chapters by distinguished experts that cover every aspect of hypertension and its pathogenesis, epidemiology, impact, and management. Highlights of this edition include updated JNC 7 findings regarding special population therapy and clinical management. Chapters are grouped into three well-organized sections—basic science, population science, and clinical management—and each chapter is cross-referenced to other relevant chapters. Each chapter is easily digestible and begins with a bulleted list of key points.

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Lifestyle477 Introduction

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