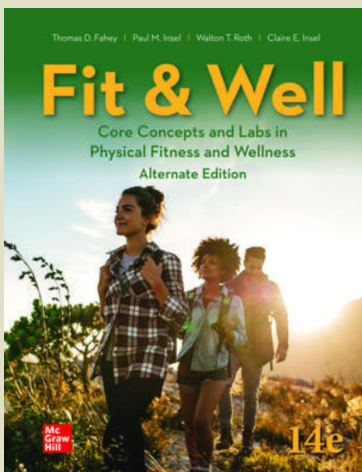


List of Changes



Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Alternate 14th Edition

Thomas Fahey, Paul Insel, Walton Roth

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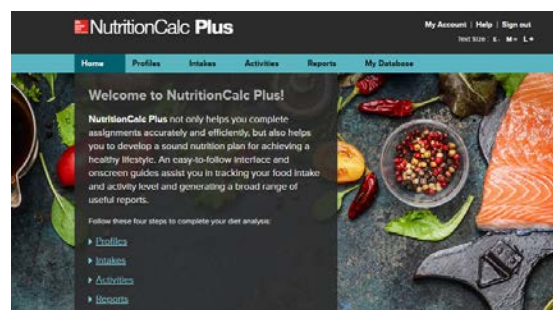
Application-Based Activities – These highly interactive, automatically graded exercises provide students a safe space to practice using problem-solving skills to apply their knowledge to realistic scenarios. Each scenario addresses key concepts and skills that students must use to work through and solve course specific problems, resulting in improved critical thinking and relevant workplace skills with a focus on behavior change.

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Changes to Fahey: Fit & Well, Alternate 14e

Chapter 1: Introduction to Wellness, Fitness, and Lifestyle Management

- Updated statistics on leading causes of death and the lifestyle factors that contribute to them
- Updated discussion of health insurance. Updated review of the inverse relationship between longevity and physical activity, from the second edition of the Physical Activity Guidelines for Americans
- New information on Healthy People 2030

Chapter 2: Principles of Physical Fitness

- New and updated information on the 2018 second edition of the Physical Activity Guidelines for Americans, stressing the importance of regular physical activity for health and longevity and emphasizing that some physical activity is better than none
- Updated statistics and research on the role of exercise on health and longevity and on the benefits of endurance and resistance exercise for brain health and function
- Updated 2019 version of the PAR-Q+ Physical Activity Readiness Questionnaire for Everyone in Lab 2.1

Chapter 3: Cardiorespiratory Endurance

- New and updated information on the immediate and longterm effects of endurance exercise and on the role of endurance exercise in reducing risk for cancers of the colon, breast, bladder, endometrium, esophagus, lung, kidney, and stomach
- Clarification of the importance of endurance exercise for older adults
- Updated information on how resistance exercise stresses blood vessels and training techniques to reduce or eliminate related problems

Chapter 4: Muscular Strength and Endurance

- New Common Questions Answered focused on training at home and on muscle soreness and injury
- Updated statistics on muscular strength and power
- Updated coverage of strength training for older adults and on gender differences in strength

Chapter 5: Flexibility and Low-Back Health

- Updated statistics on the prevalence of osteoporosis and back pain
- Clarification of the importance of minimizing bedrest following the onset of acute back pain
- Updated resources and references for flexibility exercise training and preventing and treating back pain

Chapter 6: Body Composition

- Updated statistics on body composition and obesity
- New and updated information on the roles of exercise and diet in maintaining a healthy weight
- Updated resources and references for measuring body composition and preventing obesity

Chapter 7: Putting Together a Complete Fitness Program

- Updated information on popular exercise programming apps for smartphones
- Updated information on exercise program design for special populations

Chapter 8: Nutrition • New section entitled “Planning and Budgeting for Healthy Eating”

- New and updated information on food and supplement labels, plant-based diets, and meatless burgers
- Updated discussion about nutritional recommendations for athletes
- Streamlined discussions of AMDRs, fats, fibers, and supplements

Changes to Fahey: Fit & Well, Alternate 14e

Chapter 9: Weight Management

- New presentation of three models related to weight management: energy balance, carbohydrate-insulin, and multi-factor models
- Updated discussion of the roles of diet and exercise in avoiding weight gain, losing weight, and maintaining weight loss
- New and updated sections on factors affecting RMR and appetite, including hormones and food choices
- New Common Question Answered focus on nuts as a healthy snack

Chapter 10: Stress Management and Sleep

- Updated discussion and illustrations of the stress response and symptoms of excess stress
- New discussions of Generation Z and loneliness
- Updated sections on sleep stages and sleep apnea
- New box entitled “Sleep and Learning”

Chapter 11: Cardiovascular Health and Diabetes

- Updated statistics and information on CVD types, recommendations for treatment of elevated cholesterol, and diabetes
- Updated information on blood pressure classification
- New illustration of the process of atherosclerosis

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