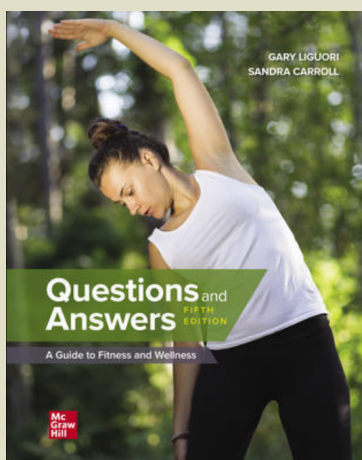




Because learning changes everything.®

List of Changes



Questions and Answers 5th Edition

Gary Liguori, Sandra Carroll

ISBN: 9781260261295 / 1260261298 / © 2021

available in



connect®

SEE LIST OF CHANGES ATTACHED.

SupportAtEveryStep.com: Your place for above and beyond in-person and self-service support.

It All Starts with You >>

McGraw-Hill Connect® is a course management and adaptive learning solution that enhances your unique voice and teaching style. As your partner, we're committed to helping you achieve your course goals and unlock student potential. That's why we've made meaningful updates to this edition.

New In Connect:

SmartBook® 2.0 – Our adaptive reading experience has been made more personal, accessible, productive, and mobile.

Writing Assignment – This assignment type delivers a learning experience that helps students improve their written communication skills and conceptual understanding. As an instructor, you can assign, monitor, grade, and provide feedback on writing more efficiently.

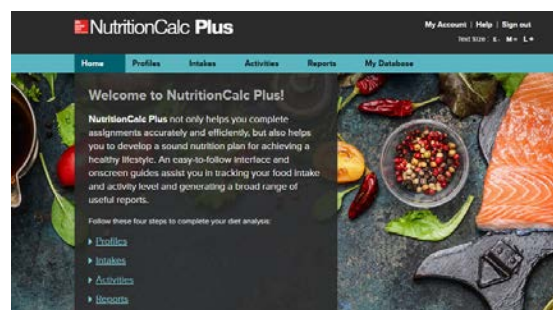
Application Based Activities – These highly interactive, automatically graded exercises provide students a safe space to practice using problem-solving skills to apply their knowledge to realistic scenarios. Each scenario addresses key concepts and skills that students must use to work through and solve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

NutritionCalcPlus Activities – A suite of powerful dietary self-assessment tools that help students track their food intake and activity and analyze their diet and health goals. Students and instructors can trust the reliability of the ESHA database while interacting with a robust selection of reports. This tool is provided at no additional charge inside Connect for Fit & Well.

NewsFlash Assessments – New articles from reputable sources help students make the connection between the world around them and course content.



Learning that Fits
mheducation.link/smartbook2

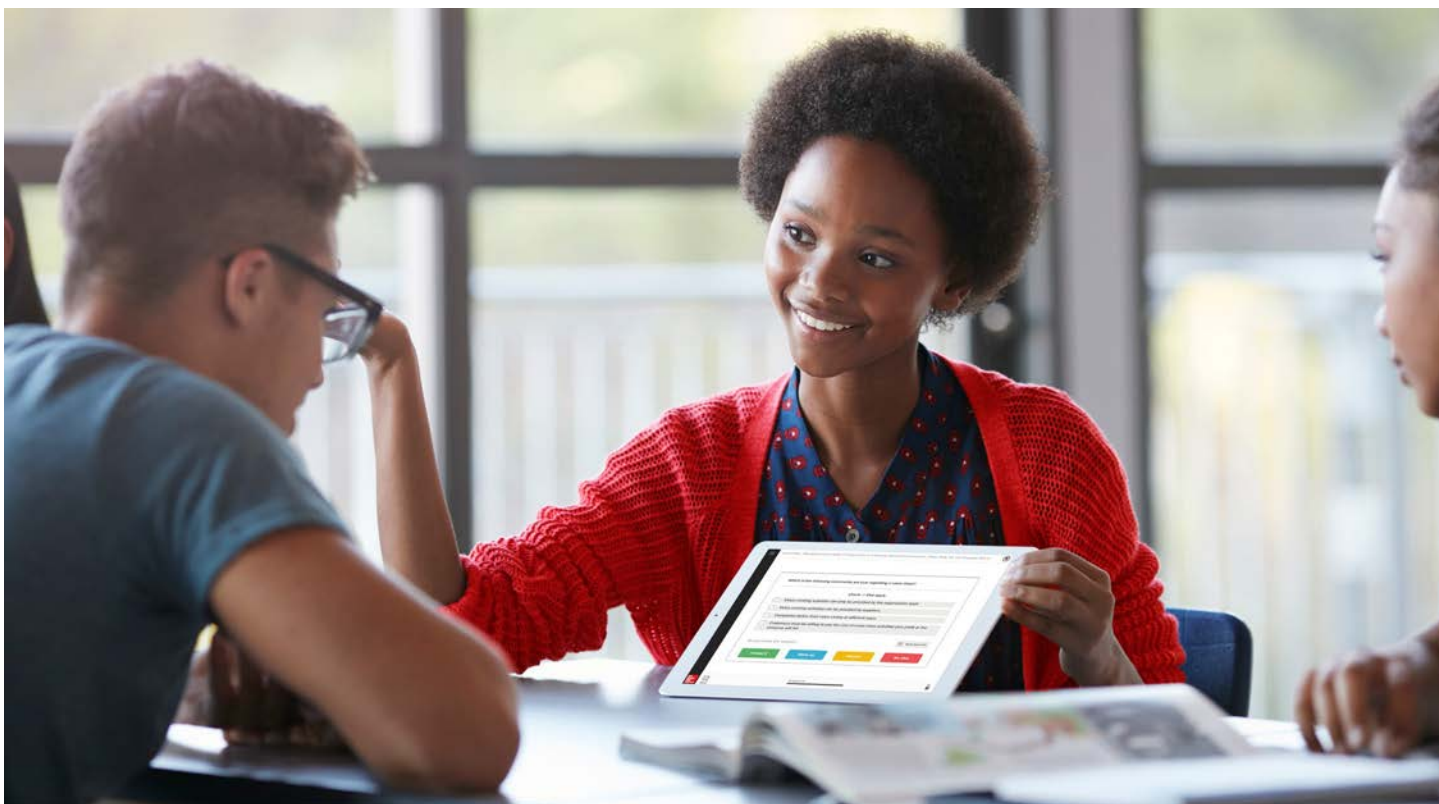


NutritionCalcPlus

Additional Value When You Upgrade

- **NEW!** Free mobile access to SmartBook 2.0 assignments and the digital textbook with the ReadAnywhere app.
- **NEW!** Remoting proctoring and browser-locking capabilities allowing for more control over the integrity of online assessments.
- **NEW!** Ability to create enhanced assignments personalized to each student's needs.
- Accessibility and student data security enhancements.
- More advanced student and class reporting capabilities.
- 99.99% platform uptime

Visit mheducation.com/connect for details.



Changes to Liguori: Questions and Answers, 5e

CHAPTER 1

- Updated Research Brief box: Healthy Living Counts: Every Choice Matters
- Updated Fast Facts box: Driving Distracted
- Updated Fast Facts box: Smoking by the Numbers
- New resource for Healthy People 2030
- Expanded definitions related to new Physical Activity Guidelines for Americans
- Updated lab to reflect new Physical Activity Guidelines for Americans

CHAPTER 2

- Updated Research Brief box: Self-Control Can Be Contagious
- New Research Brief box: Homework—Is It Really Worth It?
- Updated Fast Facts box: Buddy Up for Behavior Change
- Revised, clearer figure showing the stages of behavior change

CHAPTER 3

- Updated Research Brief box: Exercise Makes You Smarter
- Updated Research Brief box: Exercise Makes You Younger
- Updated Living Well box: Living with a Disability
- Incorporation of new Physical Activity Guidelines for Americans

CHAPTER 4

- New Tech Tips, Fast Facts, and Research Brief boxes
- Greater clarity around the role of stroke volume and cardiac output
- Greater clarity on the energy systems
- Integration of the 2018 Physical Activity Guidelines for Americans

CHAPTER 5

- New Tech Tips, Fast Facts, and Research Brief boxes
- Increased emphasis on HIIT
- Increased information on body-weight training
- Greater clarity around muscle fiber types and how training affects each

CHAPTER 6

- New Fast Facts box: Musically Inclined
- Clarification of the concept of static stretching
- Updated Research Brief box: Heavy Back Pack, Heavy Price

CHAPTER 7

- Updated Research Brief box: Beating the “Fatso” Gene
- Updated Fast Facts box: Too Few Zs Can Lead to Fs
- Clarification of links among biological sex, metabolic rate, and patterns of fat storage
- Updated Research Brief box: Screen Time and Waistline
- Updated Fast Facts box: “Fit or Fat” or “Fit and Fat”?
- Updated discussion of body image and its link with media portrayals
- Updated Research Brief box: You Are What You Drink

CHAPTER 8

- New Tech Tips, Fast Facts, and Research Brief boxes
- New quick-reference guide table explaining the DRIs
- Updated information on consumer awareness for supplements

Changes to Liguori: Questions and Answers, 5e

CHAPTER 9

- New Tech Tips, Fast Facts, and Research Brief boxes
- Latest updates on fish consumption and mercury risk
- Latest updates on genetically modified foods (GMO)
- Latest updates on intermittent fasting

CHAPTER 10

- New Tech Tips, Fast Facts, and Research Brief boxes
- Updates to most and least stressed cities
- New feature on smartphone stress
- New data on the increasing rates of mental stress in young adults.

CHAPTER 11

- Updated Wellness Strategies box: Protecting Your Skin from the Sun
- Updated Research Brief box: Sitting Disease
- Updated cancer screening guidelines
- Updated lab resources

CHAPTER 12

- New Tech Tips, Fast Facts, and Research Brief boxes
- Newest FDA information on HPV vaccinations
- New data on rates of STIs
- New data on depression and associated risk of infectious disease
- Updates on mixing energy drinks and alcohol

CHAPTER 13

- New Tech Tips, Fast Facts, and Research Brief boxes
- Latest updates on the risks of vaping
- Clarification of concepts of dependency and addiction
- Updated information on understanding blood alcohol content
- Updated rates for smoking, alcohol, illicit drugs, and more

Affordability & Outcomes

Affordability & Outcomes

- Flexibility! More choice. You decide.
- Multiple options at multiple price points!
- Content options: McGraw-Hill, custom, Open Learning Solutions.
- Format Options: Print, McGraw-Hill eBook, Courseware, bundles.
- Delivery Options: Inclusive Access, rental, purchase.
- 950 Inclusive Access institutional partnerships in 2019.

Visit mheducation.link/realvalue for details.



Support At Every Step

Find all the resources you need for a successful semester in one spot: supportateverystep.com.

Faculty support is critical to the success of implementing and using digital courseware. That's why we teamed up with faculty to create a website dedicated to providing above-and-beyond support. From initial training to implementing new tools to digging into the data, we're here to help.

Let us know how we can partner with you at every step.