


TRANSITION GUIDE TO

# Fit To Be Well Essential Concepts

## SIXTH EDITION

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**Paperback with Navigate Advantage Access**
**465 Pages | © 2023**

Every new print copy includes *Navigate Advantage Access* which unlocks an eBook, Lab Manual, Flashcards, and additional learning resources.

***Fit to Be Well, Sixth Edition*** takes a behavior-change approach to communicating healthy diet and exercise habits while including both a lab manual and pedagogical features that teach students how to become smart consumers of health news.

It provides students with the tools they need to reach the goal of good health and fitness—regardless of their age or physical condition—by delving into exercise, proper nutrition, and stress management.

The content in ***Fit to Be Well*** is organized in a succinct, easy-to-navigate manner that allows students to become more aware of each aspect of a physically fit lifestyle. Using a wealth of special features and online learning tools, the text encourages students to improve their eating habits by incorporating healthier foods into their diet, increasing their level of physical activity, keeping their body composition and weight at a healthy level, increasing their self-esteem, and reducing stress.

## NEW TO THE SIXTH EDITION

- **NEW** Includes a new chapter (Chapter 10) dedicated to sleep, sleep disorders, and how to improve sleep quality, including two **NEW** labs.
- **Updates throughout** reflect Healthy People 2030's new physical activity objectives.
- **NEW** Includes new and updated labs based on the latest methods for enhancing students' learning by applying chapter principles.
- **NEW** Includes several new Medical News You Can Use features throughout the new edition.

### CHAPTER-SPECIFIC UPDATES

**CHAPTER 2**, ***Health Benefits of Physical Activity and Exercise***, provides additional health benefits of regular physical activity, including treating dementia and lowering the risk of heart disease and some cancers.

**CHAPTER 4**, ***Preparing for Physical Activity and Exercise***, includes precautions to prevent the spread of disease (e.g., COVID-19) during physical activity.

**CHAPTER 6**, ***Flexibility***, includes a focus on Stretch and Flex program at work.

**CHAPTER 8**, ***Nutrition***, has updated information meeting the new 2020-2025 *Dietary Guidelines for Americans*, updates the information on the new Nutrition Facts food label redesign, and provides new information on fad diets and ethnic diets.

### OUTSTANDING FEATURES

The content of this text is organized in a succinct, easy-to-navigate manner, with emphasis placed on important concepts and applications.

- Creative uses of information (e.g., uses "chunking" to put content into manageable units for better learning)
- Evidence-based medical sources that provide the content and latest recommendations

**Special features to improve learning include:**

- *What's the Word* offering simple, clear definitions for terms on interest.
- *The Inside Track* provides quick and easy guides to important information.
- *Medical News You Can Use* summarizes recent medical journals and reports supporting the text's key concepts. The reader will find several new and updated medical information in the new edition.
- *Tipping Point* gives helpful hints and tips to help manage fitness and healthy lifestyle programs.

### DYNAMIC TECHNOLOGY SOLUTION

Includes Navigate Advantage Access online learning materials, including an interactive eBook, writable PDF lab manual, an interactive glossary, practice activities, flashcards, weblinks to open educational resources, and learning objectives

### INSTRUCTOR RESOURCES

**Test Bank** — Available in LMS-compatible formats

**PowerPoint Slides** — two sets:

- Standard slides for a traditional classroom experience
- Discussion-based slides for a learner-centered classroom experience

**Instructor Manual, Lab Manual, Sample Syllabus**

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Lab Manual

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**CHAPTER 10 Sleep NEW CHAPTER**

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