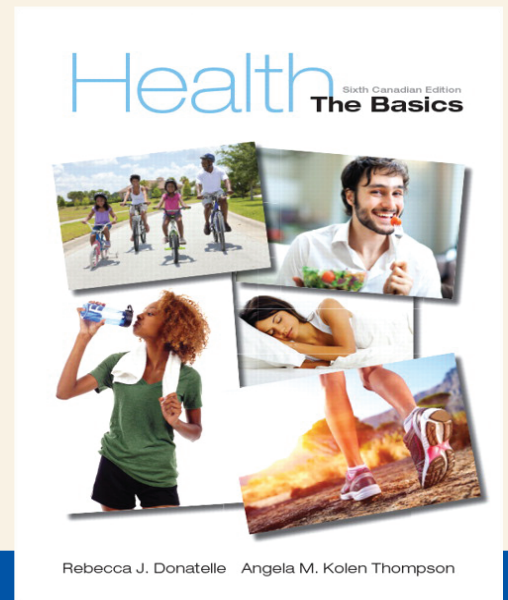


Health: The Basics, Sixth Canadian Edition Plus MyHealthLab

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Now Available!

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Text with MyHealthLab
9780321972712

Text without MyHealthLab
9780321892553

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.

Instructor Resources

- Instructor's Resource Manual
- Test Item File
- MyTest
- PowerPoint Slides
- Image Library

Student Resources

- MyHealthLab

Brief Contents

PART I: FINDING BALANCE

Chapter 1 Discovering your Personal Rhythm for Healthy Living

Chapter 2 Promoting and Preserving your Psychosocial Health

Chapter 3 Understanding and Coping with Life's Stressors
Focus on Spiritual Health (NEW)

PART II: CHOOSING HEALTH LIFESTYLES

Chapter 4 Engaging in Physical Activity for Health, Fitness, and Performance

Chapter 5 Eating for Optimal Health and Performance

Chapter 6 Managing Your Weight: Finding a Healthy Balance
Focus on Body Image (NEW)

PART III: CREATING HEALTHY AND CARING RELATIONSHIPS

Chapter 7 Committing to Relationships and Sexual Health

Chapter 8 Considering your Reproductive Choices
Focus on STIs (NEW)

PART IV: LIMITING RISKS FROM POTENTIALLY HARMFUL

HABITS

Chapter 9 Recognizing Use, Misuse, Abuse, and Addiction to Drugs and Behaviours (NEW)

Chapter 10 Using Alcohol, Tobacco, and Caffeine Responsibly and Refraining from Tobacco Use

Chapter 11 Understanding Illicit Drugs
Focus on Improving Your Sleep (NEW)

PART V: PREVENTING AND MANAGING DISEASE

Chapter 12 Reducing Risk for Cardiovascular Diseases and Cancer

Chapter 13 Controlling Risk for Infectious and Non-infectious Conditions
Focus on Diabetes (NEW)

PART VI: FACING LIFE'S CHALLENGES

Chapter 14 Choosing Healthy Living for the Environment

Chapter 15 Preventing Violence, Abuse, and Injury

Chapter 16 Becoming a Wise Consumer of Health Services
Chapter 17 Preparing for Aging, Dying, and Death
Focus on Financial Health (NEW)

Features

- *Revamped Pedagogy* - the pedagogy apparatus has been revamped to reduce the number of features, and strengthen and improve those that remain. We merged content from Taking Charge and Skills for Behaviour Change, and Rate Yourself boxes from the previous edition and created “Assess Yourself Boxes”
- *Canadian content*. This text emerged as the first Canadian personal health book and is still the market leading book for Canadian content, showcasing current and relevant examples, statistics, and the latest health research.
- *Promotion of critical thinking*. The text introduces decision-making and goal-setting models, and continues by promoting critical thinking throughout with boxed features, scenarios, and end-of-chapter reflective questions.