

Core Concepts in Health



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Midwest Book Review Core Concepts in Health: Brief, Seventh Edition provides a concise introduction to health topics and issues, bringing scientifically based, accurate, up-to-date information to students about nutrition, weight control, contraception, exercise, intimate relationships, stress, AIDS, drugs, and a multitude of other subjects. Written in an engaging, easy-to-read style and presented in a colorful, open format, the text invites the reader to take responsibility for his or her own health. Throughout the text there are "boxes" that include: Exploring Your Emotions, Vital Statistics, Tactics and Tips, Take Action, Behavior Change Strategies, and Dimensions in Diversity. Book Description The most reliable and widely used personal health text, Core Concepts in Health utilizes the theme of personal responsibility to teach and motivate students about health and wellness. The

ninth edition incorporates the most current and accurate information on key issues in health. --This text refers to an out of print or unavailable edition of this title.

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