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new to this edition are assignable and assessable concept clips which help students master key personal health concepts using colorful animation and easy to understand audio narration concept clips provide step by step presentations to promote

student comprehension topics include the stages of change model diabetes types and metabolism changes to the nutrition facts label the cardiorespiratory system and the stress response

the alert why do we need to change our habits imagine a clock the hands move forward without pause marking every moment of your life and yet in the rush of everyday life we often forget that the next minute is not guaranteed we live as if we had all the time in the world postponing important decisions that could transform our health our well being and above all our happiness

readers will discover how others have fought back against the same diseases they're facing now and they will learn as others who have reclaimed their health have how to stimulate the body's native healing and immune systems

in this anthology authors debate current views on health and fitness topics include the health care industry weight loss exercise and nutrition

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