



Third  
Edition

# WELLNESS

*Concepts  
and  
Applications*

David J. Anspaugh  
Michael H. Hamrick  
Frank D. Rosato

# Wellness Concepts And Applications Anspaugh

**David J. Anspaugh**

## **Wellness Concepts And Applications Anspaugh:**

*Wellness: Concepts and Applications* Michael Hamrick, Frank Rosato, David Anspaugh, 2010-11-09 Wellness Concepts and Applications uses the basic precepts of the wellness movement personal responsibility behavior change and risk reduction and health care consumer awareness to introduce students to the health and wellness related information they need to thrive in today's world. The authors provide accurate scientifically based information on wellness topics as well as assessment activities and other tools for behavior change. The authors also provide a balance among the seven dimensions of wellness while at the same time emphasizing the central roles of physical fitness, nutrition, avoidance of tobacco and stress management as keys to a healthy life. Other fitness and wellness topics include body composition, flexibility, safety, drugs, STDs, chronic diseases and more. Accompanying the text are instructor and student resources on the Online Learning Center.

Wellness David J. Anspaugh, Michael H. Hamrick, Frank D. Rosato, 2006 Incorporating updated material this edition emphasizes a proactive balanced body mind spirit approach to health and fitness. The introductory textbook includes self assessments, a nutritional analysis of foods from selected fast food restaurants, the latest USDA food guide, a self care guide for common ailments and color graphics. An auxiliary to Wellness David J. Anspaugh, Michael H. Hamrick, Frank D. Rosato, 2002-03-27. *Wellness Concepts and Applications* uses the foundations of the wellness movement self responsibility, behavior change and risk reduction and health care consumer awareness to introduce students to the content of wellness. Balanced coverage of fitness and wellness topics ensures that this text provides the content needed for today's wellness courses. Now comes packaged with the latest version of HealthQuest to help students apply concepts to their own lives.

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Anspaugh,Michael H. Hamrick,Frank D. Rosato,2000-08

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**Wellness** David Anspaugh,2000

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