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Health for Life With Web Resources-Paper (Paperback)

By Karen McConnell, Charles Corbin, David Corbin

Human Kinetics Publishers, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Health for Life provides the keys necessary for adopting healthy habits and committing to healthy living in high school and throughout the life span. The text covers all of the components of personal well-being, including physical, mental, emotional, social, and spiritual health. It provides students the knowledge in making healthy choices and fosters the skill development required for taking healthy actions. Health for Life helps students in these ways: - Analyze how key influences affect their health and wellness, such as family, peers, media, and technology - Explore consumer topics and use appropriate resources to find answers to challenging questions - Sharpen their interpersonal communication skills as they share health knowledge; debate controversial topics; demonstrate refusal, negotiation, and refusal skills; manage interpersonal conflicts; and promote healthy living among their peers - Use decision-making skills and apply healthy living skills as they identify solutions to problems posed - Evaluate their own health habits as they relate to a variety of behaviors - Create goals for behavior change and establish plans for healthy living - Communicate health information with family and advocate for healthy living at home...



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