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helps the body

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the state of well-being in which all of the components of health -- physical, emotional, social, mental, spiritual, and environmental -- are in balance. To be truly healthy, you must take care of all six components. - p. 11.

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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



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students the knowledge in making healthy choices and fosters the skill

development required for taking healthy actions.

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Analyze how key influences affect their health and

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wellness, such as  
family, peers,  
media, and  
technology •

Explore consumer  
topics and use  
appropriate  
resources to find  
answers to  
challenging  
questions •

Sharpen their  
interpersonal  
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Skills as they share  
health knowledge;  
debate  
controversial  
topics;  
demonstrate  
refusal,  
negotiation, and  
refusal skills;  
manage  
interpersonal  
conflicts; and  
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living among their

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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

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establish plans for  
healthy living •

Communicate

health information  
with family and

advocate for

healthy living at

home and in their  
communities •

Discover how

health and

technology

intersect on

various topics The

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text is divided into seven units of 20 chapters. The chapters help

students explore a range of topics, including mental health, nutrition, physical activity, stress

management, healthy relationships, avoiding

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destructive habits,  
and making good  
health choices  
throughout life.

Health for Life has  
an abundance of  
features that help  
students connect  
with content in  
personal ways and  
retain the  
information. Here's  
a glance at some of  
those features: •

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Chapter Review  
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Check, and Chapter  
Review help  
students prepare to  
dive in to the  
material,  
understand it, and  
retain it (standard  
NHES 1). • Connect  
spurs students to  
analyze various  
influences on their



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health and  
wellness (standard  
NHES 2). •

Consumer Corner  
aids students in  
exploring  
consumer health  
issues (standard  
NHES 3). • Healthy  
Communication  
gets students to  
use and expand  
their interpersonal  
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Skills as they share their views about various health topics (standard NHES 4). • Skills for Healthy Living and Making Healthy Decisions help students learn and practice self-management so they can make wise choices related to their

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wellness (standard  
Chapter Review  
NHES 5). •

Answers  
Planning for  
Healthy Living  
assists students in  
applying what  
they've learned as  
they set goals and  
establish plans for  
behavior change  
(standard NHES 6).

• Self-Assessment  
offers students the

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opportunity to  
evaluate their  
health habits and  
monitor

improvement in  
health behaviors  
(standard NHES 7).

- Take It Home and  
Advocacy in Action  
prepare students to  
advocate for health  
at home and in  
their communities  
(standard NHES 8).

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• Health Science  
and Health  
Technology focus  
on the roles of  
science and  
technology as they  
relate to health  
and where science  
and technology  
intersect regarding  
health issues. •  
Living Well News  
challenges  
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integrate health literacy, math, and language skills to better understand a current health issue. In addition, Health for Life is reinforced by its online resources for teachers and students. Following are highlights of these two invaluable

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Answers  
Resource contains  
the following: •

Complete lesson  
plans; the first  
three lessons have  
a corresponding  
PowerPoint slide  
show • An answer  
key to all  
worksheets and  
quizzes • A test

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package that includes tests for each chapter; tests consist of multiple-choice, true-or-false, fill-in-the-blank, and short essay questions All lesson plans and assessments support identified learning objectives. Each lesson plan includes these



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features: • Health

Preparing the  
Chapter Review

Lesson (lesson

objectives and

preparation) • Bell

Ringer (a journal

question for

students, or a quiz

or activity to begin

class) • Lesson

Focus (main points

of the lesson

paired with a

student worksheet)

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• Lesson Health

Application (main activity paired with a worksheet) •

Reflection and

Summary (lesson

review) • Evaluate

(student quiz or

test or worksheet

review) •

Reinforcing the

Lesson (Take It

Home and

Challenge

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activities) Student  
Web Resource The  
Student Web  
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Resource contains  
these features: •

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discussion of  
Chapter Review  
selected topics that

Answers  
are marked by web  
icons in the text •

Review questions  
from the text,  
presented in an  
interactive format  
for students to fill  
out to check their  
level of

understanding

Delivering the

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content that will help students value and adopt healthy lifestyles, and loaded with the features and online resources that will help students understand and retain the content, Health for Life promises to be one of the most crucial texts for students

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quality of life Now  
you can. We live in

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an age of stress. Each day at work and at home as we struggle to take care of the basics, constant stress significantly affects our ability to lead healthy and happy lives. We struggle with stomach pain, headaches, mood swings, fatigue, depression, high

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blood pressure, and even heart failure. Not only does stress damage our physical and emotional well-being, but our relationships and productivity suffer as well. What, if anything, can we do to stop this cycle? There is a



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multitude of books,  
magazine features,  
TV programs,  
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meditation classes,  
and seminars, all  
aimed at stopping  
stress. But until  
now there has  
never been a  
scientifically based  
program that not  
only starts working  
within seconds but

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also creates a foundation to help remove stress and the symptoms associated with it from your life for good. Dr. Fred Luskin and Dr. Kenneth R. Pelletier spent years at the Stanford University School of Medicine developing ten proven skills for

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eliminating the stress, anxiety, and pain that occur in daily life.

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how good you  
would feel if · You  
could stand up for  
yourself without  
losing your temper  
· You could make a  
decision without  
second guessing  
yourself · You  
didn't have that  
sense of  
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every time  
someone criticized  
you . You could

learn how to say no

and stick with it In

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Children you can

learn how to do

these things and

more. This book is

designed

specifically for

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teaches skills to



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easier, while

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improving your  
sense of self-worth.

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and exercises are  
given to help you  
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skills. So, if you  
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