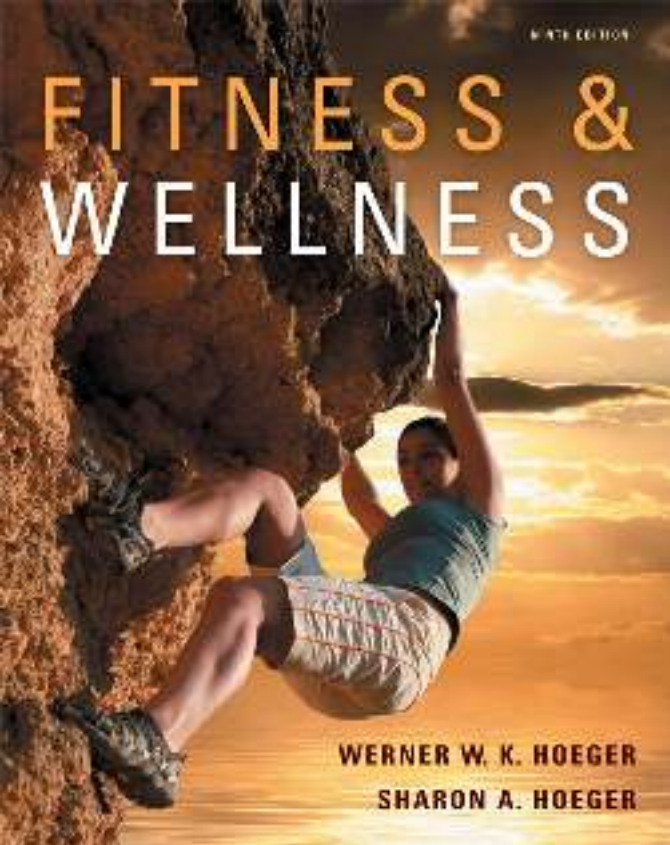


NINTH EDITION

FITNESS & WELLNESS

WERNER W. K. HOEGER
SHARON A. HOEGER



■ Online Personal Change Labs

CengageNOW provides access to the activities, surveys, and self-assessment tools from *Fitness and Wellness* in an online, interactive format. Some diverse examples include "Are You Ready to Become More Active?," "How Healthful is Your Diet?," "Body Composition Assessment and Recommended Body Weight Determination" and "Designing Your Strength Training Program."



■ Personalized Learning Plans

CengageNOW allows you to gauge your own unique study needs using diagnostic pre-tests that generate **Personalized Learning Plans** that contain links for the resources you need, including sections from the eBook, video clips, and interactive exercises. Click through these resources to master the concepts, and then take the post-test to measure your improvement. The program's unique diagnostic quizzes and study plan will help you get the most out of your study time and succeed in the course!



■ Behavior Change Planner

The CengageNOW Behavior Change Planner is a fun, interactive, and easy way to complete a course assignment while using practical tools for making healthy change.

The CengageNOW Behavior Change Planner includes four main components:

- A **Wellness Inventory** that asks you a series of questions related to the wellness categories of Physical Activity, Tobacco, Drugs and Alcohol, Safety, Sexuality, Weight Management, Nutrition, and Stress. The scores on the wellness inventory help to identify areas where change is most needed.
- A **Behavior Change Contract** that guides you into targeting an area that needs improvement, setting a goal, and formulating a committed plan for change.
- A **Change Tracker** for recording progress toward the goal of the Behavior Change Contract
- A **Change Journal** for reflection and comments on the process of working toward the behavior change goal

■ Pedometer Activities!

Even small steps can move you toward better health

Track your daily number of steps, set activity goals, and see your progress over time! The program's **Health/Lifestyle Survey** will show you the overall picture of how active you are. The easy-to-use "how to" tool will help you measure your stride length to determine the distance you travel during a day. This can be a great motivator . . . and a great help to reaching your fitness goals.



Easy to Order and Use

Log on to CengageNOW™ by using the access code packaged with the text. With its simple, browser-based interface, CengageNOW is as easy to use as surfing the web. Just a click of the mouse allows you to enter and explore the system at any point with no instructor setup necessary. Alternatively, you can purchase access at www.cengagebrain.com if access was not ordered with the text.

Fitness and Wellness

This page intentionally left blank

NINTH EDITION

Fitness and Wellness

WERNER W.K. HOEGER

Professor Emeritus (Active)

Department of Kinesiology

Boise State University

and

SHARON A. HOEGER

Fitness & Wellness, Inc.

Boise, Idaho



Australia • Brazil • Japan • Korea • Mexico • Singapore • Spain • United Kingdom • United States

Fitness and Wellness, Ninth Edition
Werner W.K. Hoeger and
Sharon A. Hoeger

Publisher/Executive Editor: Yolanda Cossio
Acquisitions Editor: Laura Pople
Developmental Editor: Anna Lustig
Assistant Editor: Samantha Arvin
Editorial Assistant: Kristina Chiapella
Media Editor: Miriam Meyers
Marketing Manager: Laura McGinn
Marketing Assistant: Elizabeth Wong
Marketing Communications Manager:
Belinda Krohmer
Content Project Manager:
Charlene M. Carpentier
Creative Director: Rob Hugel
Art Director: John Walker
Print Buyer: Paula Vang
Rights Acquisitions Account Manager,
Text: Bob Kauser
Rights Acquisitions Account Manager,
Image: Dean Dauphinais
Production Service: Graphic World Inc.
Text Designer: Ellen Pettengell
Photo Researcher: Bill Smith Group
Copy Editor: Graphic World Inc.
Cover Designer: Yvo Riezebos
Cover Image: Shutterstock/Vladimir Nikulin
Compositor: Graphic World Inc.

© 2011, 2009 Wadsworth, Cengage Learning

ALL RIGHTS RESERVED. No part of this work covered by the copyright herein may be reproduced, transmitted, stored, or used in any form or by any means, graphic, electronic, or mechanical, including but not limited to photocopying, recording, scanning, digitizing, taping, Web distribution, information networks, or information storage and retrieval systems, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the publisher.

For product information and technology assistance, contact us at
Cengage Learning Customer & Sales Support, 1-800-354-9706

For permission to use material from this text or product,
submit all requests online at **www.cengage.com/permissions**

Further permissions questions can be e-mailed to
permissionrequest@cengage.com

Library of Congress Control Number: 2009937503

ISBN-13: 978-0-538-73749-4

ISBN-10: 0-538-73749-2

Wadsworth

20 Davis Drive
Belmont, CA 94002-3098
USA

Cengage Learning is a leading provider of customized learning solutions with office locations around the globe, including Singapore, the United Kingdom, Australia, Mexico, Brazil, and Japan. Locate your local office at **www.cengage.com/global**.

Cengage Learning products are represented in Canada by Nelson Education, Ltd.

To learn more about Wadsworth, visit **www.cengage.com/wadsworth**.

Purchase any of our products at your local college store or at our preferred online store **www.CengageBrain.com**.

BRIEF CONTENTS

CHAPTER 1	Introduction to Physical Fitness and Wellness	1
CHAPTER 2	Assessment of Physical Fitness	29
CHAPTER 3	Exercise Prescription	61
CHAPTER 4	Evaluating Fitness Activities	101
CHAPTER 5	Nutrition for Wellness	121
CHAPTER 6	Weight Management	147
CHAPTER 7	Stress Management	173
CHAPTER 8	A Healthy Lifestyle Approach	197
CHAPTER 9	Relevant Fitness and Wellness Issues	229
APPENDIX A	Strength-Training Exercises	262
APPENDIX B	Flexibility Exercises	270
APPENDIX C	Exercises for the Prevention and Rehabilitation of Low Back Pain	273
APPENDIX D	Contraindicated Exercises	276
APPENDIX E	Selective Nutrient Content of Common Foods	279
	Notes	293
	Answer Key	298
	Glossary	299
	Index	305

This page intentionally left blank

CHAPTER 1

Introduction to Physical Fitness and Wellness 1

- Lifestyle, Health, and Quality of Life 4
- Importance of Increased Physical Activity 6
- 2008 Federal Guidelines for Physical Activity 7
- Wellness 8
- Physical Fitness 9
 - Health-Related Fitness 9
 - Skill-Related Fitness 9
- Benefits of Fitness and Wellness 10
- National Health Objectives for the Year 2010 13
- Path to Fitness and Wellness 14



Ty Milford/Masterfile

- Behavior Modification 14
 - Changing Behavior 14
 - Motivation and Locus of Control 17
- Behavior Modification Principles 19
 - Self-Analysis 19
 - Behavior Analysis 19
 - Goal Setting 19
 - Social Support 19
 - Monitoring 19
 - A Positive Outlook 19
 - Reinforcement 20
- SMART Goals 20
 - Goal Evaluation 21
- A Word of Caution Before You Start Exercise 21
- Web Interactive 22
- Assess Your Behavior 22
- Assess Your Knowledge 22

CHAPTER 2

Assessment of Physical Fitness 29

- Responders Versus Nonresponders 31
- Fitness Assessment Battery 31
 - Health Fitness Standard 31
 - Physical Fitness Standard 32
- Cardiorespiratory Endurance 33
 - Assessing Cardiorespiratory Endurance 34
- Muscular Strength and Endurance 37
 - Muscular Strength and Muscular Endurance 37
 - Determining Strength 38
- Muscular Flexibility 41
 - Assessing Flexibility 42
 - Modified Sit-and-Reach Test 42
 - Finger Touch Test 43
 - Overall Flexibility Fitness 44
- Body Composition 44
 - Assessing Body Composition 46
- Effects of Exercise and Diet on Body Composition 53
- Web Interactive 54
- Assess Your Behavior 54
- Assess Your Knowledge 54

CHAPTER 3**Exercise Prescription 61**

- Monitoring Daily Physical Activity 62
- Readiness for Exercise 63
- Exercise Prescriptions 65
- Cardiorespiratory Endurance 65
 - Cardiorespiratory Exercise Prescription 65
- Muscular Strength and Endurance 71
 - Overload Principle 71
 - Specificity of Training 71
 - Muscular Strength-Training Prescription 72
 - Strength-Training Exercises 76
 - Strength-Training Exercise Guidelines 76
 - Core Strength Training 77
 - Designing Your Own Strength-Training Program 77
 - Dietary Recommendations for Strength Development 78
- Flexibility 78
 - Muscular Flexibility Prescription 78
 - Designing a Flexibility Program 81
- Pilates Exercise System 81
- Preventing and Rehabilitating Low Back Pain 82
- Contraindicated Exercises 84
- Getting Started 84
- Setting Fitness Goals 85
- Web Interactive 87
- Assess Your Behavior 87
- Assess Your Knowledge 87

CHAPTER 4**Evaluating Fitness Activities 101**

- Aerobic Activities 102
 - Walking 102
 - Hiking 103
 - Jogging 104
- Aerobics 105
 - Swimming 106
 - Water Aerobics 106
 - Cycling 107
 - Spinning® 109
 - Cross-Training 110
 - Rope Skipping 110
 - Cross-Country Skiing 110
 - In-Line Skating 111
 - Rowing 112
 - Stair Climbing/Elliptical Training 112
 - Racquet Sports 112



Jupiterimages

- Rating the Fitness Benefits of Aerobic Activities 113
- Skill-Related Fitness 113
- Team Sports 116
- Tips to Enhance Your Aerobic Workout 116
- Web Interactive 117
- Assess Your Behavior 118
- Assess Your Knowledge 118

CHAPTER 5**Nutrition for Wellness 121**

- Essential Nutrients 122
 - Carbohydrates 123
 - Fats 124
 - Proteins 126
 - Vitamins 126
 - Minerals 126
 - Water 126
- Nutrition Standards 126
 - Dietary Reference Intakes 126
 - Daily Values 127

Dietary Guidelines	129
Determining Fat Content in the Diet	130
Balancing the Diet	130
Nutrient Analysis	132
Vegetarianism	132
Nutrient Supplementation	133
Antioxidants	134
Multivitamins	136
Vitamin D	136
Folate	137
Benefits of Foods	137
Probiotics	138
Fish	138
Eating Disorders	139
Anorexia Nervosa	140
Bulimia Nervosa	140
Binge-Eating Disorder	141
Treatment	141
2005 Dietary Guidelines for Americans	142
Lifetime Commitment to Wellness	142
Web Interactive	143
Assess Your Behavior	143
Assess Your Knowledge	143

CHAPTER 6

Weight Management 147

Tolerable Weight	150
Fad Dieting	151
Principles of Weight Management	153
Energy-Balancing Equation	153
Diet and Metabolism	153
Recommendation	154
Sleep and Weight Management	155
Exercise: The Key to Successful Weight Management	156
Myth of Spot-Reducing	157
Exercise Safety	158
Light-Intensity Versus Vigorous-Intensity Exercise for Weight Loss	158
Designing Your Own Weight Loss Program	159
Estimating Your Caloric Intake	159
Monitoring Your Diet Through Daily Food Logs	161
Using Low-Fat Entrees	162
Behavior Modification and Adherence to a Lifetime Weight Management Program	162
You Can Do It!	165

Web Interactive	165
Assess Your Behavior	165
Assess Your Knowledge	165

CHAPTER 7

Stress Management 173

The Mind/Body Connection	174
Sleep and Wellness	175
Stress	176
The Body's Reaction to Stress	176
Adaptation to Stress	177
Alarm Reaction	177
Resistance	177
Exhaustion/Recovery	177
Behavior Patterns	178
Vulnerability to Stress	180
Sources of Stress	181
Coping with Stress	184



Image copyright Phil Date, 2009. Used under license from Shutterstock.com

Time Management 185

Relaxing Techniques 187

 Physical Activity 187

 Progressive Muscle Relaxation 188

 Breathing Techniques 189

 Sighing 190

 Meditation 190

 Yoga 190

 Visual Imagery 192

 Which Technique Is Best? 192

Web Interactive 193

Assess Your Behavior 193

Assess Your Knowledge 193

CHAPTER 8

A Healthy Lifestyle Approach 197

A Wellness Lifestyle 198

 Spiritual Well-being 198

Causes of Death 199

Diseases of the Cardiovascular System 200



Dennis Weisby/Jupiterimages

Types of Cardiovascular Disease and Their Prevalence 200

Risk Factors for CHD 201

Cancer 212

 Guidelines for Preventing Cancer 213

 Abstaining from Tobacco 216

 Avoiding Excessive Sun Exposure 216

 Monitoring Estrogen, Radiation Exposure, and Potential Occupational Hazards 217

 Physical Activity 217

 Other Risk Factors for Cancer 217

 Early Detection 218

Chronic Lower Respiratory Disease 218

Accidents 218

Substance Abuse 219

 Alcohol 219

 Illegal Drugs 219

 Treatment for Chemical Dependency 221

Sexually Transmitted Infections 221

 HIV/AIDS 222

 Guidelines for Preventing STIs 222

Web Interactive 224

Assess Your Behavior 224

Assess Your Knowledge 224

CHAPTER 9

Relevant Fitness and Wellness Issues 229

Wellness Behavior Modification Issues 230

Safety of Exercise Participation and Injury Prevention 231

Special Considerations for Women 239

 Hormone Replacement Therapy 245

Nutrition and Weight Control 246

Exercise and Aging 249

Fitness/Wellness Consumer Issues 250

What's Next? 255

Web Interactive 256

Assess Your Behavior 256

Assess Your Knowledge 257

APPENDIX A

Strength-Training Exercises 262

APPENDIX B

Flexibility Exercises 270

APPENDIX C

Exercises for the Prevention and
Rehabilitation of Low Back Pain 273**APPENDIX D**

Contraindicated Exercises 276

APPENDIX E

Selective Nutrient Content of Common
Foods 279

Notes 293

Answer Key 298

Glossary 299

Index 305

This page intentionally left blank

Most people go to college to learn how to make a living. Making a good living, however, won't help them unless they live an active lifestyle that will allow them to enjoy what they have. Unfortunately, the 21st-century American lifestyle does not provide the human body with sufficient physical activity to achieve or maintain adequate health.

Many of the behaviors we adopt in life are products of our environment. Currently, we live in a "toxic" health and fitness environment. We are so habituated to our modern-day environment that we miss the subtle ways it influences our behaviors, personal lifestyle, and health each day. The epidemic of physical inactivity and obesity that is sweeping across America is so harmful to health that it actually increases the deterioration rate of the human body and leads to premature aging, illness, and death.

About one half of the adults in the United States do not achieve the recommended amount of daily physical activity. Among those who do, most do not reap the full benefits because they simply do not know how to implement and stay with a sound program that will yield the desired results.

The good news is that lifetime wellness is within the grasp of most people. We know that most chronic and debilitating conditions are largely preventable. Scientific evidence has shown that improving the quality—and most likely the length—of our lives is a matter of personal choice.

This book offers you the necessary information to start on your path to fitness and wellness by adhering to a healthy lifestyle. The information in the following chapters and the subsequent activities at the end of each chapter will enable you to develop a personal program that promotes lifetime fitness, preventive health care, and personal wellness. The emphasis throughout the book is on teaching you how to take control of your lifestyle habits so you can do what is necessary to stay healthy and realize your optimum well-being.

What the Book Covers

As you study this book and complete the various activities, you will learn to:

- Determine whether medical clearance is needed for your safe participation in exercise.
- Conduct nutrient analyses and follow the recommendations for adequate nutrition.
- Develop sound diet and weight-control programs.
- Assess the health-related components of fitness (cardiorespiratory endurance, muscular strength and endurance, muscular flexibility, and body composition).
- Write exercise prescriptions for cardiorespiratory endurance, muscular strength and endurance, and muscular flexibility.
- Understand stress, lessen your vulnerability to stress, and implement a stress-management program if necessary.
- Implement a cardiovascular disease risk-reduction program.
- Follow guidelines to reduce your personal risk of developing cancer.
- Implement a smoking cessation program, if applicable.
- Understand the health consequences of chemical dependency and irresponsible sexual behaviors and learn guidelines for preventing sexually transmitted infections.
- Discern between myths and facts concerning exercise and health-related concepts.
- Learn behavior-modification techniques to help you adhere to a lifetime fitness and wellness program.

New in the Ninth Edition

All chapters in the ninth edition of *Fitness and Wellness* have been revised and updated according to recent advances published in the scientific literature and in-

formation reported at professional health, physical education, and sports medicine conferences.

A new feature added to this edition is individual *Real Life Stories* presented at the start of each chapter. Students can relate to these accounts as many encounter similar situations in their own lives. In addition to the individual chapter updates listed below, several new graphs and photographs is included in this new edition. Following are the most significant chapter updates:

- In Chapter 1, “Introduction to Physical Fitness and Wellness,” all pertinent statistics related to the prevalence of physical activity, life expectancy, and the leading causes of death in the United States have been brought up to date. Also included are the newly released *Federal Guidelines for Physical Activity* for children, adults, older adults, and pregnant and postpartum women. These guidelines supplement the landmark 1996 *Surgeon General’s Report on Physical Activity and Health* as well as the 2007 *American College of Sports Medicine and American Heart Association Physical Activity and Public Health Recommendations*. Additional information is also presented on the benefits of vigorous-intensity versus moderate-intensity aerobic activity.
- In Chapter 2, “Assessment of Physical Fitness,” the muscular strength and flexibility tables have been simplified so that students can more readily determine personal test results and their respective fitness categories. To further facilitate the assessment of flexibility fitness, the Total Body Rotation Test has been replaced with the Finger Touch Test. The latter test is used to determine shoulder flexibility and does not require equipment other than a cloth measuring tape.
- The topic of Chapter 3, “Exercise Prescription,” has been extensively updated to conform with the newly released *American College of Sports Medicine Guidelines for Exercise Testing and Prescription* and the *Federal Guidelines for Physical Activity*. All three prescription guidelines—cardiorespiratory endurance, muscular strength, and muscular flexibility—have been revised. A new and more accurate maximal heart rate equation is now used in place of the traditional “ $220 - \text{age}$ ” equation.
- Updates and revisions have been made to the descriptions of selected aerobic activity choices discussed in Chapter 4, “Evaluating Fitness Activities.”
- The ever-increasing importance of vitamin D is examined in Chapter 5, “Nutrition for Wellness,” with an expanded discussion on the benefits of this vitamin and how to obtain an adequate supply. Additional information is also included on probiotics and multivitamin supplements.
- Chapter 6, “Weight Management,” has been revised to conform with the new *Position Stand: Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults* released in 2009 by the American College of Sports Medicine. Revised figures on the incidence of overweight, along with discussion of obesity trends in the United States and the health consequences of obesity and its impact on life expectancy, are provided. A new section on the role of sleep deprivation on weight management and weight loss and the importance of social support to enhance proper weight management were added as well.
- A new section on Sleep and Wellness has been added to Chapter 7, “Stress Management.” This section addresses the problem of chronic sleep deprivation among college students.
- In Chapter 8, “A Healthy Lifestyle Approach,” all statistics on the incidence and prevalence of cardiovascular disease, cancer, addictive behavior, and sexually transmitted infections have been updated. The guidelines for a graded exercise stress electrocardiogram have been revised and new information is provided on the effects of statin drugs on inflammation and the role of “safe sun exposure” on cancer prevention.
- Several questions in Chapter 9, “Relevant Fitness and Wellness Issues,” have been updated. New questions related to fitness and wellness issues have been added to the chapter, including information on training order between cardiorespiratory endurance and strength training, energy drinks and performance, and the effectiveness of diet plans.

Ancillaries

- **CengageNOW™ with eBook 1-Semester Instant Access Code.** ISBN-10: 0-538-49451-4. Get instant access to CengageNOW™! This exciting online resource is a powerful learning companion that helps students gauge their unique study needs—and provides them with a Personalized Change Plan that enhances their problem-solving skills

- and conceptual understanding. A click of the mouse allows students to enter and explore the system whenever they choose, with no instructor setup necessary. The Personalized Change Planner guides students through a behavior-change process tailored specifically to their needs and personal motivation. An excellent tool to give as a project, this plan is easy to assign, track, and grade, even for large sections.
- **CengageNOW™ with eBook Printed Access Code.** ISBN-10: 0-538-49452-2. Get instant access to CengageNOW™! This exciting online resource is a powerful learning companion that helps students gauge their unique study needs—and provides them with a Personalized Change Plan that enhances their problem-solving skills and conceptual understanding. A click of the mouse allows students to enter and explore the system whenever they choose, with no instructor setup necessary. The Personalized Change Planner guides students through a behavior-change process tailored specifically to their needs and personal motivation. An excellent tool to give as a project, this plan is easy to assign, track, and grade, even for large sections. This section also includes a complete, interactive eBook!
 - **Website** (<http://www.cengage.com/health/hoeger/fw9e>). When you adopt *Fitness and Wellness*, ninth edition, you and your students will have access to a rich array of teaching and learning resources that you won't find anywhere else. Resources include a downloadable study guide for students, Web links, flash cards, and more.
 - **Online Instructor's Manual with Test Bank.** ISBN-10: 0-538-49441-7. This comprehensive resource provides learning objectives, detailed chapter outlines, classroom activities integrated with critical-thinking questions, and teaching strategies. The Test Bank provides matching, true/false, multiple-choice, and short-answer questions.
 - **PowerLecture CD-ROM with ExamView® Computerized Testing.** ISBN-10: 0-538-49440-9. Designed to make lecture preparation easier, this CD-ROM includes over 500 customizable PowerPoint® presentation slides with images from the text, new ABC video clips, and electronic versions of the Instructor's Manual and Test Bank. Also included is the ExamView® Computerized Test Bank, which allows you to create, deliver, and customize tests (both print and online) in minutes with this easy-to-use assessment and tutorial system.
 - **Instant Access Code for Diet Analysis 9.0.** ISBN-10: 0-495-38786-X. Diet Analysis 9.0 is the market-leading software with a database of over 20,000 foods that enables students to track their diet, generate reports, complete assignments, and gain a better understanding of how nutrition relates to their personal health goals. The new 9.0 version has been enhanced with new robust features, easy navigation, custom reports, and new critical-thinking assignments.
 - **Printed Access Code for Diet Analysis 9.0.** ISBN-10: 0-495-38788-6. Diet Analysis 9.0 is the market-leading software with a database of over 20,000 foods that enables students to track their diet, generate reports, complete assignments, and gain a better understanding of how nutrition relates to their personal health goals. The new 9.0 version has been enhanced with new robust features, easy navigation, custom reports, and new critical-thinking assignments.
 - **Behavior Change Workbook.** ISBN-10: 0-495-01145-2. The Behavior Change Workbook includes a brief discussion of the current theories behind making positive lifestyle changes, along with exercises to help students make those changes in their everyday lives.
 - **Careers in Health, Physical Education, and Sports, 2e.** ISBN-10: 0-495-38839-4. This unique booklet takes students through the complicated process of picking the type of career they want to pursue; explains how to prepare for the transition into the working world; and provides insight into different career paths, education requirements, and reasonable salary expectations. A designated chapter discusses some of the legal issues that surround the workplace, including discrimination and harassment. This supplement is complete with personal-development activities designed to encourage students to focus on and develop better insight into their future.
 - **Walk4Life® Pedometer.** ISBN-10: 0-495-01315-3. Provided through an alliance with Walk4Life, the Walk4Life Elite Model pedometer tracks steps, elapsed time, and distance. A calorie counter and a clock are included in this excellent class activity and tool to encourage students to track their steps and walk toward better fitness awareness.
 - **Readings for a Healthy Lifestyle.** ISBN-10: 0-759-35944-X. This reader features 12 articles written by author Dianne Hales and published in PARADE magazine. Readings include "Take

Your Meds—The Right Way,” “You Can Think Yourself Thin,” “Getting Yourself Back on Track,” “Too Tough to Seek Help,” and “The Best Medical Help Online.”

- **TestWell Online Assessment Access Card.** ISBN-10: 0-495-01264-5. This Web-based assessment tool allows students to answer 100 questions specific to their health status in relation to the six dimensions of wellness. Students are provided a 10-Step Behavior Change Guide for long-term positive behavior modifications. It can be used as a pre-test or a post-test to assess students’ health status, and it can provide a venue for learning about the different dimensions of wellness. It executes immediate feedback based on students’ responses and can contribute to classroom participation and overall learning assessment. TestWell offers a fun and easy Web-based activity for student enrichment.

Brief Author Biographies

Werner W.K. Hoeger is a professor emeritus of the Department of Kinesiology at Boise State University. He remains active in research and continues to lecture in the areas of exercise physiology, physical fitness, and wellness.



© Fitness & Wellness, Inc.

Dr. Hoeger completed his undergraduate and master’s degrees in physical education at the age of 20 and received his Doctorate degree with an emphasis in exercise physiology at the age of 24. He is a Fellow of the American College of Sports Medicine and also of the Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance. In 2002, he was recognized as the Outstanding Alumnus from the College of Health and Human Performance at Brigham Young University. He is the recipient of the 2004 first Presidential

Award for Research and Scholarship in the College of Education at Boise State University. In 2008, he was asked to be the keynote speaker at the VII Iberoamerican Congress of Sports Medicine and Applied Sciences in Mérida, Venezuela and was presented with the Distinguished Guest of the City recognition.

Dr. Hoeger uses his knowledge and personal experiences to write engaging, informative books that thoroughly address today’s fitness and wellness issues in a format accessible to students. Since 1990, he has been the most widely read fitness and wellness college textbook author in the United States. He has published a total of 49 editions of his 9 fitness and wellness-related titles. Among the textbooks written for Wadsworth Cengage Learning are *Principles and Labs for Fitness and Wellness*, eleventh edition; *Lifetime Physical Fitness and Wellness: A Personalized Program*, eleventh edition, *Principles and Labs for Physical Fitness*, seventh edition; *Wellness: Guidelines for a Healthy Lifestyle*, fourth edition; and *Water Aerobics for Fitness and Wellness*, third edition (with Terry-Ann Spitzer Gibson).

Dr. Hoeger was the first author to write a college fitness textbook that incorporated the “wellness” concept. In 1986, with the release of the first edition of *Lifetime Physical Fitness and Wellness*, he introduced the principle that to truly improve fitness, health, and quality of life and achieve wellness, a person needed to go beyond the basic health-related components of physical fitness. His work was so well received that every fitness author immediately followed his lead in the field.

As an innovator in the field, Dr. Hoeger has developed many fitness and wellness assessment tools; including fitness tests such as the Modified Sit-and-Reach, Total Body Rotation, Shoulder Rotation, Muscular Endurance, Muscular Strength and Endurance, and Soda Pop Coordination tests. Proving that he “practices what he preaches,” at 48, he was the oldest male competitor in the 2002 Winter Olympics in Salt Lake City, Utah. He raced in the sport of luge along with his then-17-year-old son Christopher. It was the first time in Winter Olympics history that father and son competed in the same event. In 2006, at the age of 52, he was the oldest competitor at the Winter Olympics in Turin, Italy.

Sharon A. Hoeger is vice-president of Fitness & Wellness, Inc. of Boise, Idaho. Sharon received her degree in computer science from Brigham Young University. She is extensively involved in the research process used in retrieving the most current scientific information that goes into the revision of

each textbook. She is also the author of the software that accompanies all of the *Fitness and Wellness* textbooks. Her innovations in this area since the publication of the first edition of *Lifetime Physical Fitness & Wellness* set the standard for fitness and wellness computer software used in this market today.



© Fitness & Wellness, Inc.

Sharon is a coauthor in five of the seven *Fitness and Wellness* titles. Husband and wife have been jogging and strength training together for over 32 years. They are the proud parents of five children, all of whom are involved in sports and lifetime fitness activities. Their motto: "Families that exercise

together, stay together." She also served as Chef de Mission (Head of Delegation) for the Venezuelan Olympic Team at the 2006 Olympic Winter Games in Turin, Italy.

Acknowledgments

The ninth edition of *Fitness and Wellness* was made possible through the contributions of many individuals. In particular we would like to express our gratitude to the reviewers of the ninth edition. Their valuable comments and suggestions are most sincerely appreciated.

John Acquaviva, Northern Virginia Community College

Leslie K. Hickcox, Portland Community College

Rebecca Kujawa, Mother McAuley High School

Robin Kurotori, Ohlone College

Cathy McMillan, Western Illinois University

Jeff Meeker, Cornell College

Holly J. Molella, Dutchess Community College

Charles Pelitera, Canisius College

Marc Postiglione, Union County College

Andrea Pate Willis, Abraham Baldwin College

Sharon Woodard, Wake Forest University

This page intentionally left blank

Fitness and Wellness

This page intentionally left blank



Introduction to Physical Fitness and Wellness

There is no drug in current or prospective use that holds as much promise for sustained health as a lifetime program of physical exercise.¹

Chapter

1

OBJECTIVES

- ▶ **UNDERSTAND** the importance of lifetime fitness and wellness.
- ▶ **LEARN** the recommended guidelines for weekly physical activity.
- ▶ **DEFINE** physical fitness and list components of health-related and skill-related fitness.
- ▶ **UNDERSTAND** the benefits of a comprehensive fitness and wellness program.
- ▶ **LEARN** motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.
- ▶ **LEARN** to write SMART goals to aid with the process of change.
- ▶ **DETERMINE** whether medical clearance is required for safe participation in exercise.

CENGAGENOW Log on to CengageNOW at www.cengage.com/login

to find innovative study tools—including pre- and post-tests, personalized study plans, activities, labs, and the personal change planner.

REAL LIFE STORY

Jordan's Experience

Last year as a freshman in college I was advised to enroll in a general education fitness and wellness course. I played high school sports and thought I knew all there was to know about being fit and in shape. As the course started, I realized I didn't really know how important it was to exercise regularly and take good care of myself. It quickly became my favorite class and I couldn't wait to try what I was learning. I started cardio and strength workouts according to an exercise prescription I wrote myself. I didn't even know there was such a thing as an "exercise

prescription." I even stretched once in a while and started to eat better. As I became more fit, I started to feel better about myself, I lost weight, I toned up, I had so much more energy, and I actually started to enjoy exercise. It is fun to work out! I now know that how well I will live the rest of my life has a lot to do with wellness choices I make. My goal is to never stop exercising and take good care of myself.



© Eugene F. 2009. Used under license from Shutterstock.com

Most people believe school will teach them how to make a better living. A fitness and wellness course will teach you how to live better—how to truly live your life to its fullest potential. Real success is about more than money: Making a good living will not help you unless you live a wellness lifestyle that will allow you to enjoy what you have. Your lifestyle is the most important factor affecting your personal well-being, but most people don't know how to make the right choices to live their best life.

During the last three decades, the benefits of physical activity have been substantiated by scientific evi-

dence linking increased physical activity and positive lifestyle habits to better health and improved quality of life. Even though a few individuals live long because of favorable genetic factors, for most people, the quality of life during middle age and the "golden years" is more often related to wise choices initiated during youth and continued throughout life.

Based on the abundance of scientific research on physical activity and exercise, a clear distinction has been established between the two. **Physical activity** is defined as bodily movement produced by skeletal muscles that requires the expenditure of energy and



Photos © Fitness & Wellness, Inc.

Physical activity and exercise lead to less disease, a longer life, and enhanced quality of life.

sample content of Fitness and Wellness

- [Cook Yourself Sexy: Easy, Delicious Recipes for the Hottest, Most Confident You pdf, azw \(kindle\)](#)
- [*Coral Road: Poems online*](#)
- [download Working Murder \(Clara Gamadge Mystery, Book 1\)](#)
- [download online Endgame: The End of the Debt SuperCycle and How It Changes Everything](#)

- <http://fortune-touko.com/library/Cook-Yourself-Sexy--Easy--Delicious-Recipes-for-the-Hottest--Most-Confident-You.pdf>
- <http://growingsomeroots.com/ebooks/Coral-Road--Poems.pdf>
- <http://xn--d1aboelcb1f.xn--p1ai/lib/Working-Murder--Clara-Gamadge-Mystery--Book-1-.pdf>
- <http://korplast.gr/lib/Puzzle-for-the-Secret-Seven--Secret-Seven--Book-10-.pdf>