SEE WHAT’S NEW TO THE FOURTH EDITION!

This Transition Guide outlines many of the changes and new content in the FOURTH EDITION

Use this guide for an easy transition for the new edition.

Key Updates:

- Information on latest fitness trends
- New Medical News You Can Use boxed features
- Information on using smartphone apps and other devices for fitness and wellness
- Renewed emphasis on core exercises
- Included a Body Shape Index for body composition calculation
- Updated nutritional information (e.g., trans fats)
- Emphasis on Healthy People 2020 objectives
- Emphasis on productive and counterproductive methods to cope with stress

Chapter-Specific Updates:

Chapter 1

- New Figure 1.3, Ten leading Causes of death by age group.
- New Medical News You Can Use, Physical Inactivity Kills as Many as Smoking
- Revised Healthy People 2020 section
- New Medical News You Can Use, Healthcare Providers Should Aggressively Treat Unhealthy Lifestyles

Chapter 4

- New section, Using Technology to Track Your Fitness

Chapter 5

Contact Your Publisher’s Representative For More Information

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Fit to Be Well: Essential Concepts, Fourth Edition
Alton L. Thygerson and Steven M. Thygerson
Transition Guide

- New section, Physician Assessments
- New section, Recent Fitness Trends for Men and Women

Chapter 6

- New section, Flexibility-Based Exercises

Chapter 7

- New Medical News You Can Use, Exercise As Good As Massage For Sore Muscles
- New section, Core Exercises

Chapter 8

- New Medical News You Can Use, Nut Consumption Linked to Lower Mortality
- Revised and Expanded Trans Fat Section
- New Medical News You Can Use, Chewing Your Food Can Reduce Meal Size

Chapter 9

- New section, A Body Shape Index (ABSI)

Chapter 10

- New Medical News You Can Use, Exercise is Good Medicine for Depression
- New section, Counterproductive Measures to Cope with Stress
Updated Design

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