

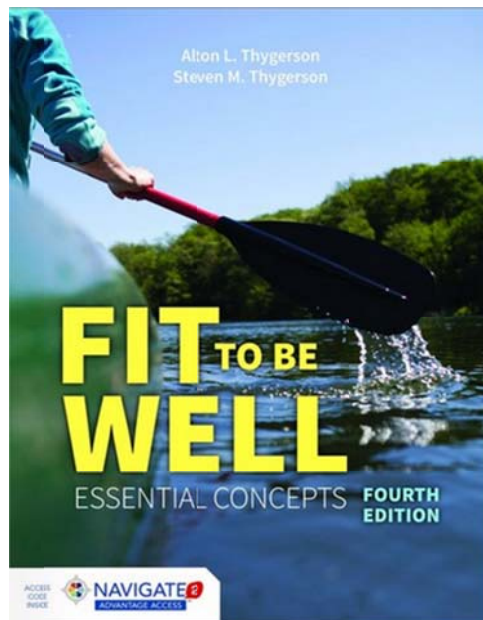
Fit to Be Well: Essential Concepts, Fourth Edition  
Alton L. Thygerson and Steven M. Thygerson  
Transition Guide



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## ***Fit to Be Well: Essential Concepts***

*FOURTH EDITION*



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Book with Navigate 2 Advantage Access • 440 Pages • © 2016

Jones & Bartlett Learning

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## 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

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- 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)

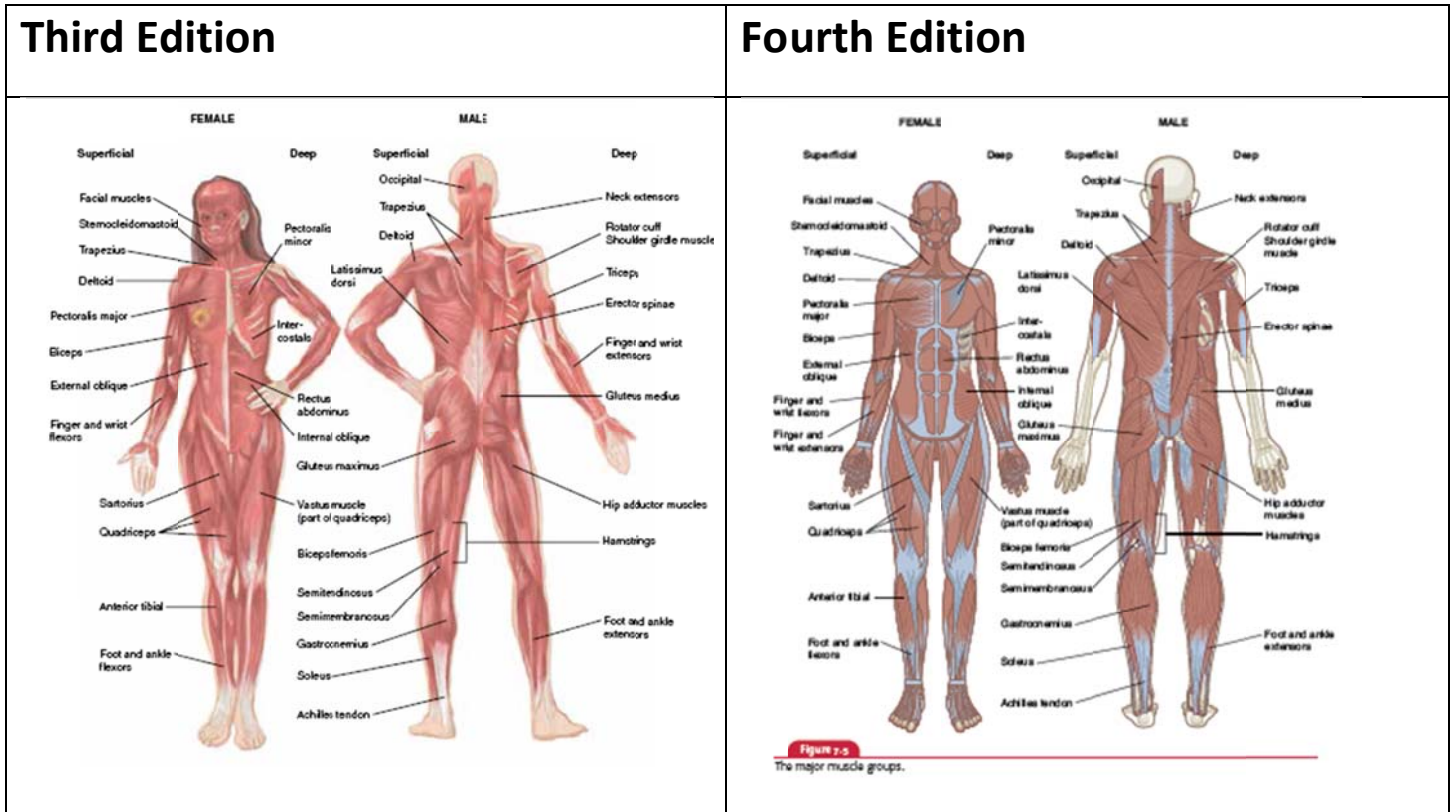
Chapter 10

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

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## Updated Design



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