

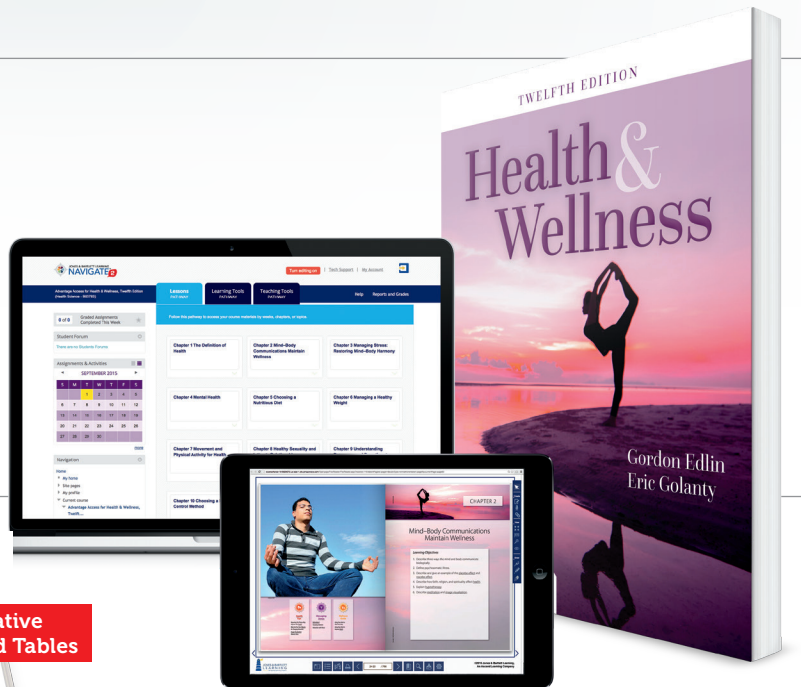
# Why You Should Adopt

## Health & Wellness

TWELFTH EDITION

Includes Navigate 2 Advantage Access

- ✓ **Option 1:** Paperback with Navigate 2 Advantage Access  
ISBN-13: 978-1-284-06729-3 • 800 pages • © 2016
- ✓ **Option 2:** Navigate 2 Advantage Access Only  
ISBN-13: 978-1-284-07993-7 • © 2016  
50% off the list price of the printed textbook



Epigrams

Wellness Guide Boxes

Informative Figures and Tables

Health Tips

Critical Thinking About Health

Global Wellness Boxes

Chapter Summary and Highlights

Key Terms

### The Student Experience

*Health & Wellness, Twelfth Edition* explores the basic principles of physical, mental, and spiritual health, and provides students with the tools they need to make informed health decisions that promote lifelong wellness.

### Teaching and Learning Personal Health Just Got Easier with Navigate 2 Advantage Access

- ★ **Learn:** A Complete eBook with Interactive Tools and Animations that Bring Personal Health Concepts to Life
- ★ **Practice:** A Virtual Study Center with Robust Practice Activities & Flashcards
- ★ **Assess:** A Homework and Testing Assessment Center with Pre-Populated Quizzes and Examinations (Available to adopting instructors with Course ID)
- ★ **Analyze:** A Dashboard that Reports Actionable Data (Available to adopting instructors with Course ID)

## Course Materials

### Learning Tools

- Interactive eBook
- Warm Up Activities
- Animations
- Learning Objectives
- Lecture Outlines
- Flashcards
- Practice Activities
- Student Workbook Exercises

### Teaching Tools (available with Course ID)

- Instructor's Manual
- Chapter Outlines
- Classroom Activities
- Lecture Slides in PowerPoint Format
- Discussion Questions
- Test Bank
- Sample Syllabus
- Hassel-Free Gradebook
- Course Management Tools

## eBook Resources

Chapter	Title	Knowledge Check Questions (ungraded)	# of Animations	eBook Quiz Questions (graded)	# of Web Links
1	The Definition of Health	15	0	14	7
2	Mind-Body Communications Maintain Wellness	22	0	15	4
3	Managing Stress: Restoring Mind-Body Harmony	10	0	15	4
4	Mental Health	23	0	15	8
5	Choosing a Nutritious Diet	24	1	15	15
6	Managing a Healthy Weight	16	0	13	3
7	Movement and Physical Activity for Health	16	1	14	6
8	Healthy Sexuality and Intimate Relationships	13	2	12	4
9	Understanding Pregnancy and Parenthood	23	1	16	6
10	Choosing a Fertility Control Method	28	0	16	4
11	Protecting Against Sexually Transmitted Diseases and AIDS	10	0	15	5
12	Reducing Infections and Building Immunity: Knowledge Encourages Prevention	22	5	14	6
13	Cancer: Understanding Risks and Means of Prevention	14	2	15	5
14	Cardiovascular Disease: Understanding Risks and Measures of Prevention	10	4	15	3
15	Heredity and Disease	4	0	14	3
16	Using Drugs Responsibly	27	2	15	3
17	Eliminating Tobacco Use	25	2	14	5
18	Using Alcohol Responsibly	12	0	14	5
19	Making Decisions About Health Care	18	0	14	5
20	Exploring Alternative Medicines	4	0	15	4
21	Accidents and Injuries	20	0	13	6
22	Understanding Aging and Dying	24	0	15	7
23	Violence in Our Society	18	0	14	6
24	Working Toward a Healthy Environment	22	0	15	9
<b>TOTAL</b>		<b>420</b>	<b>20</b>	<b>347</b>	<b>133</b>

## Technical Support Services

- Call toll free: 1-800-832-0034, Option #5
- Email: [externaltechsupport@jblearning.com](mailto:externaltechsupport@jblearning.com)
- Report an issue at [go.jblearning.com/Nav2Help](http://go.jblearning.com/Nav2Help)

Navigate 2 is fully hosted by Jones & Bartlett Learning, is mobile-ready, and is compatible with Blackboard and other third party learning management systems. A Navigate Implementation Specialist will be your personal resource to answer questions, set up your course, and maintain your customizations from semester to semester.