An Invitation to Health, Fourth Canadian Edition provides students with information, advice, recommendations, and research, so that they can take charge of their own health. This edition includes Canadian-related research, including the most up-to-date health research on Canadian students and students from other countries. New Self-Surveys are integrated throughout the text, enabling students to assess their healthiness and relate chapter material to their own behaviours.

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Chapter 1: An Invitation to Health and Wellness
Chapter 2: Psychosocial Health
Chapter 3: Personal Stress Management
Chapter 4: Physical Activity for Fitness, Health, and Athletic Performance
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Chapter 7: Personal Relationships and Sexuality
Chapter 8: Birth Control Choices and Pregnancy
Chapter 9: Protecting Yourself from Infectious Diseases
Chapter 10: Lowering Your Risk of Major Diseases
Chapter 11: Drug Use, Misuse, and Abuse
Chapter 12: Alcohol and Tobacco Use, Misuse, and Abuse
Chapter 13: Traditional and Complementary Health-Care Approaches
Chapter 14: Staying Safe: Preventing Injury, Violence, and Victimization
Chapter 15: Healthy Aging
Chapter 16: Working Toward a Healthy Environment
Chapter 17: The Spirit of Health and Wellness
Concepts in Health and Wellness is an inviting and straightforward resources that will provide students with essential personal health information to develop a lifetime of wellness skills. It will help students develop the knowledge and motivation they need to maintain wellness throughout adulthood and will provide them with meaningful literary support for class instruction. More importantly, this book will empower them with the skills to access credible health and wellness information now and in the years to come. This resources meets the diverse needs and interests of students regardless of the academic setting and is written in a style that is easily understood by students at all levels.

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Chapter 6: Developing Healthy Relationships
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Chapter 12: Alcohol and Other Drugs
Chapter 13: Infectious Diseases
Chapter 14: Chronic Diseases
Chapter 15: Safety and Emergency Preparedness
Chapter 16: Environmental Wellness
Chapter 17: Health and Wellness through the Lifespan
HLTH is an engaging and accessible solution to accommodate the diverse lifestyles of today's learners. HLTH engages students with interactive Health Check assessments, in addition to a range of features on everything from the effect of socioeconomic status on health to a checklist to help choose a primary care physician, that help students relate course concepts to their personal lives. Three unique and engaging features in each chapter—Diversity, Prevention, and Health Skills—cover everything from the effect of socioeconomic status on health to how to choose a primary care physician.

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Chapter 11: Combating Cardiovascular Disease, Cancer, and Other Major Diseases
Chapter 12: Infection and Immunity
Chapter 13: Preventing Violence and Injury
Chapter 14: Managing Your Health Care
Chapter 15: Health and the Environment
Chapter 16: Health Across the Lifespan
Nutrition is an active science, and staying current is paramount. To that end, the second Canadian edition of *Understanding Nutrition* builds on the science of previous editions with the latest in nutrition research. The second Canadian edition presents the core information of an introductory nutrition course. The early chapters introduce the nutrients and their work in the body, and the later chapters apply that information to people’s lives—describing the role of foods and nutrients in energy balance and weight control, in physical activity, in the life cycle, in disease prevention, in food safety, and in hunger. The mission of this text is to reveal the fascination of science in nutrition and provide students with an understanding of nutrition so that they can make healthy choices in their daily lives.

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- Chapter 2: Planning a Healthy Diet
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- Chapter 6: Protein: Amino Acids
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