



# Wellness: Guidelines for a Healthy Lifestyle (with Personal Log and InfoTrac)

*Werner H. K. Hoeger, Lori Waite Waite Turner, Brent Q. Hafen*

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Geared toward courses that emphasize wellness, this text covers the mind/body connection, the relationship between fitness and wellness, and the importance of taking personal responsibility for one's health. Hoeger, Turner and Hafen demonstrate that the most effective way to enhance wellness and longevity is to increase physical activity and fitness. This text provides 39 assessments that help students put chapter concepts to immediate, practical use. The authors include detailed coverage of the effects of stress, and unparalleled coverage of the connection between mind and body.

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