

Essential Concepts For Healthy Living Sixth Edition

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essential concepts for healthy living provides students with a clear and concise introduction to the latest scientific and medical research in personal health with its unique focus on critical thinking and analysis of health related behaviors and attitudes this text enhances students understanding of their own health needs and presents the scientific background necessary for students to think critically about the reliability of health related information they encounter in the media

this broad ranging resource is for librarians who want to begin a new program or incorporate healthy living into an existing one from garden plots to cooking classes to storywalks to free yoga more and more libraries are developing innovative programs and partnerships to encourage healthy living libraries increasingly provide health and wellness programs for all ages and abilities and healthy living at the library is intended for library staff of all types who want to offer programs and services that foster healthy living particularly in the domains of food and physical activity author noah lenstra who has extensive experience directing and advising on healthy living programs first outlines steps librarians should take when starting programs highlighting the critical role of community partnerships the second section of the book offers detailed instructions for running different types of programs for different ages and abilities a third section includes advice on keeping the momentum of a program going and assessing program impacts lenstra offers tips on how to overcome challenges or roadblocks that may arise an appendix contains resources you can adapt to get these programs off the ground including waivers of liability memoranda of understanding and examples of strategic plans and assessment tools

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