



An Invitation to Health (12th Edition)

Dianne Hales

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AN INVITATION TO HEALTH, Twelfth Edition has been a best-selling personal health text for many years, largely due to its ability both to introduce the topics of health and wellness and also to inspire students to put the facts of what makes good health and wellness into practice. The unique approach of Dianne Hales's text revolves around the student focus (i.e. examples students can relate to, contemporary coverage, visual appeal, testing preparation). This text is comprehensive in its coverage and includes the latest research and data on topics students care about, from personal relationships, to eating habits and understanding health risks. Because changing for life is a major theme of this edition, a new "Your Life Coach" section presents practical information on how to make healthful changes. To enhance the critical thinking aspect, case studies have been added in each chapter that will present a personal issue involving making a healthy choice. Also, "You Decide" boxes in each chapter ask a controversial question for student reflection, such as same-sex marriage and legalization of marijuana. They are also linked to Personal Response System "clicker" content and a new online journal. Additionally, with this updated Twelfth Edition, there is the new HealthNow™ Online assessment and learning tool, including pre- and post-tests, a personalized behavior change plan, and activities to add enjoyment to learning and allow students to explore, experience, and better understand the benefits of healthy living. We also now offer Pedometers, over 500 PowerPoint slides, new ABC video clips, and much more. The Twelfth Edition continues to offer the same great content, features, and support materials, and now is taking it even further by emphasizing the importance of behavior change and developing life skills.

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