

# Contents

Preface	vi
Acknowledgments	vii
Credits	viii



## Part I Physical Activity and Fitness 1

### Chapter 1 The Physical Activity, Health, and Fitness Connection 3

- How much of health and fitness is related to heredity, and how much is directly affected by lifestyle choices?
- To what extent does being physically active affect how healthy you are and how you feel and look?
- Does physical activity make a substantial difference or just a minor difference?

### Chapter 2 Cardiorespiratory Fitness 17

- How much physical activity does it really take to notice cardiorespiratory fitness gains?
- How does aerobic activity affect fitness and oxygen consumption?
- What are the principles and components that go into designing an aerobic exercise program?
- What are the effects of exercise in different environments, such as heat, cold, and altitude?

### Chapter 3 Muscular Fitness 45

- Are the benefits of becoming stronger simply superficial, or are there additional fitness and health benefits?
- If you're not an athlete who *needs* to be more flexible to perform better, are there any reasons to work at increasing your ranges of motion?
- Do stretching exercises really help prevent injuries and enhance performance?
- Are there actual *health* benefits to becoming more flexible?



## Part II Physical Activity and Weight Control 91

### Chapter 4 Obesity 93

- Are the standard height and weight charts an accurate guide to determining obesity?
- What does being obese or overweight mean?
- How does weight affect health?
- How can you determine what your own healthy weight is?

### Chapter 5 Nutrition 115

- Just what *does* constitute a balanced diet?
- Is it possible to eat well on campus?
- Why do so many people gain weight in their first few years in college?

### Chapter 6 Weight Control 157

- Does *any* weight-loss diet work?
- What are the factors that affect weight control?
- What is “caloric balance,” and what factors affect it?
- What are sound weight management guidelines?



## Part III Physical Activity and Health 171

### Chapter 7 Cardiovascular Disease 173

- What are the causes and risks of cardiovascular disease (CVD)?
- What are ways to prevent CVD?
- How does physical activity affect CVD?

### Chapter 8 Musculoskeletal Health 193

- Can physical activity really help prevent osteoporosis?
- What is the effect of physical activity on musculoskeletal health?
- How does aging affect bones?
- What are the causes of common soft tissue injuries, and how can I handle them if I incur one?

### Chapter 9 Cancer and Diabetes 227

- What are the causes and risk factors of cancer?

- Is there any danger in waiting until a lump goes away?
- What can you do to lessen your risk of cancer?
- How does physical activity affect cancer and diabetes?

## **Chapter 10 Pregnancy** **251**

- How long and hard *can* you exercise while maintaining a healthy pregnancy?
- What activities are unsafe?
- For activities that *are* safe, what are the limits on those activities?
- Are there special benefits to exercising during pregnancy?

## **Chapter 11 Mental Health** **271**

- *Can* physical activity alleviate the effects of depression?
- How might being physically active affect depression?
- Is depression a “state of mind”—or does it have a physiological or neurological basis?



## **Part IV Lifetime Physical Activity, Health, and Fitness** **299**

### **Chapter 12 Healthy Aging** **301**

- Should you gradually cut back on your physical activity as you grow older?
- Can exercise improve your quality of life in later years?
- Just what are the effects of exercise on aging?

### **Chapter 13 Leading a Physically Active Life** **319**

- Why is it so hard to adopt and maintain a physically active lifestyle?
- What are the barriers that keep many people from being physically active?
- How can people change their behaviors to become more active?

Glossary	353
References	357
Index	361
About the Authors	367