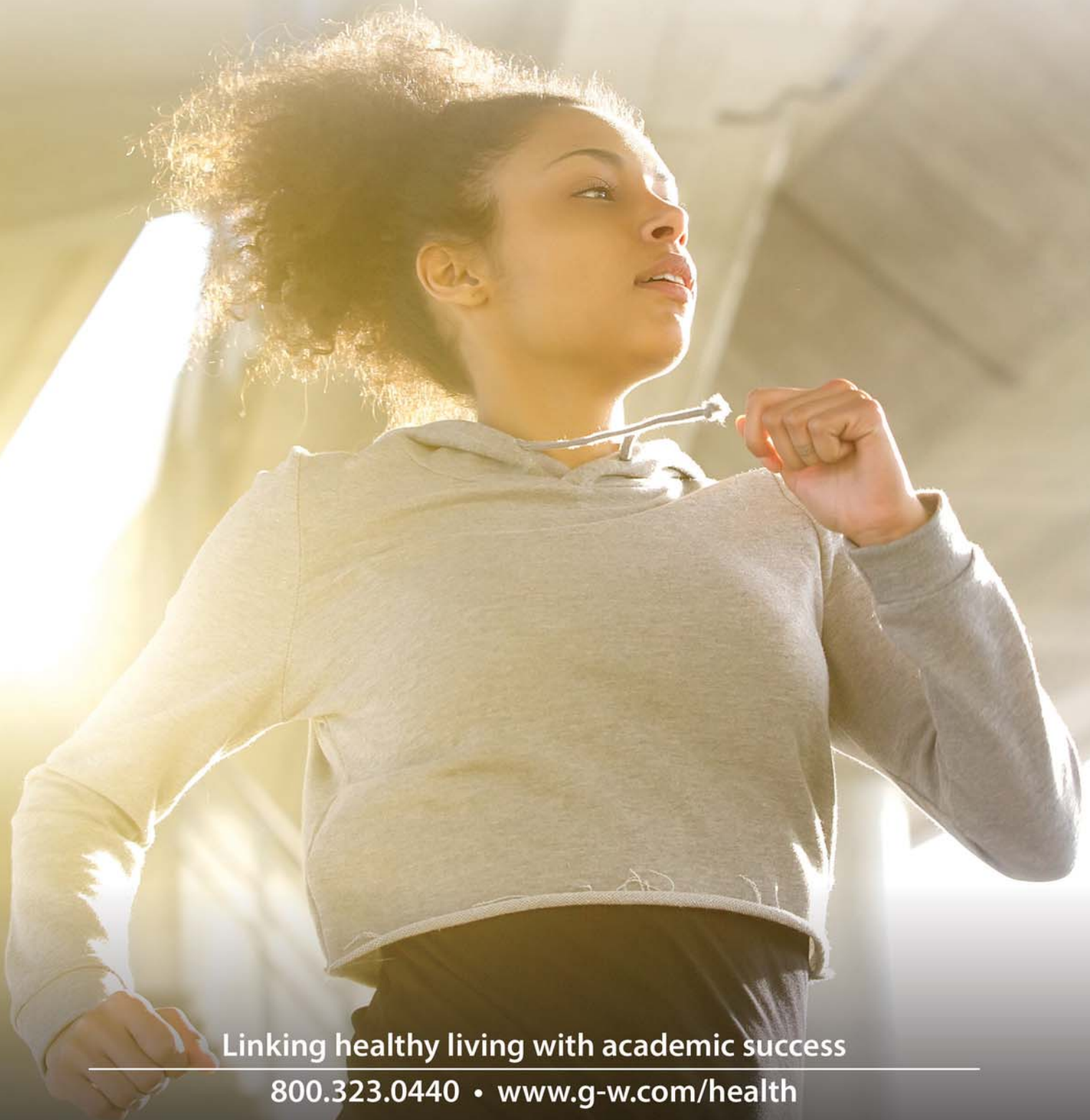




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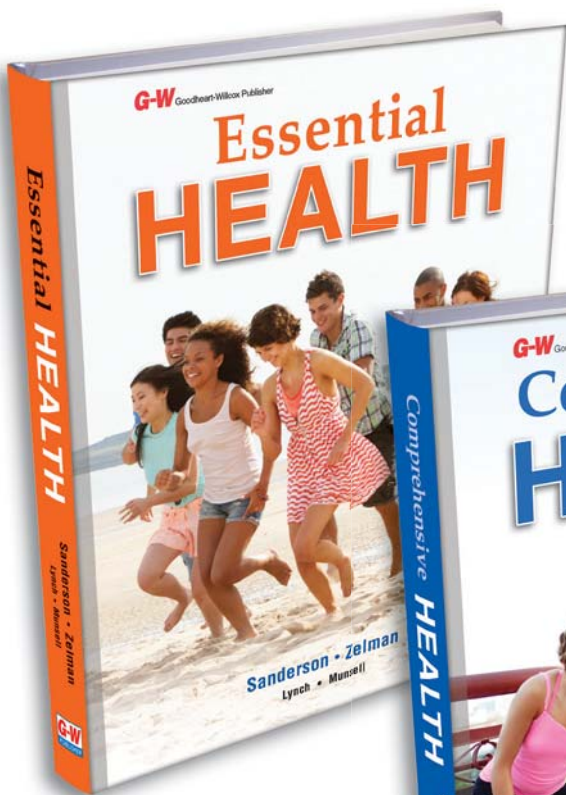
**Health Education**

2017



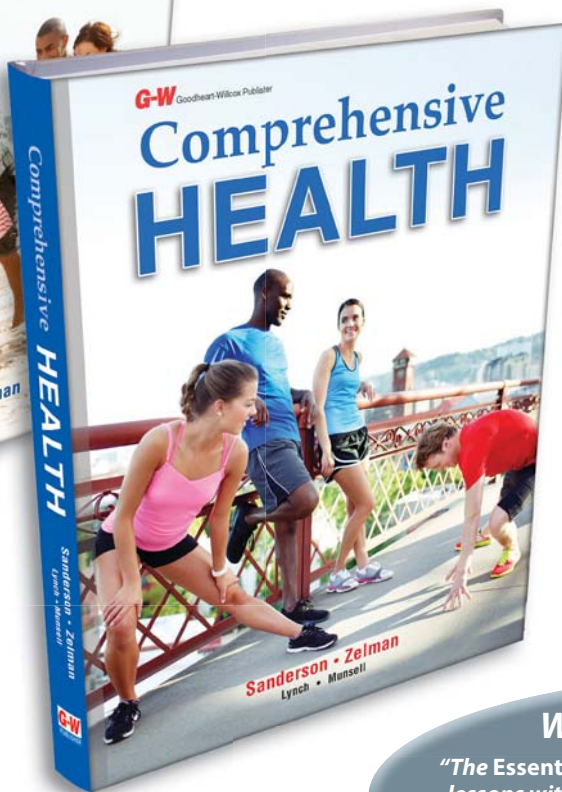
Linking healthy living with academic success

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# Essential Health and Comprehensive Health ©2015

by Catherine Sanderson, Mark Zelman, Melanie Lynch, and Melissa Munsell



**Contemporary and current—engage your students in critical topics!**

In addition to standard health education topics, such as nutrition, fitness, hazardous substances, and mental health, this program includes cyberbullying, social media, body image, sleep, e-cigarettes, and more.

## What's Inside

### Introduction to Health and Wellness

1. Understanding Your Health and Wellness
2. Risk Factors: Behavior, Genes, Environment

### Nutrition and Food Choices

3. Nutrition
4. Body Weight and Composition
5. Body Image

### Fitness and Personal Health

6. Physical Fitness
7. Sleep
8. Personal Hygiene and Basic Healthcare

### Understanding and Avoiding Hazardous Substances

9. Tobacco
10. Alcohol
11. Medications and Drugs

### Diseases and Disorders

12. Infectious Diseases
13. Sexually Transmitted Infections and HIV/AIDS
14. Noncommunicable Diseases

### Mental and Emotional Health and Wellness

15. Achieving Mental and Emotional Health
16. Managing the Stress in Your Life
17. Mental Illnesses and Disorders

### Social Health and Wellness

18. Healthy Family and Peer Relationships
19. Dealing with Conflict, Violence, and Abuse

### The Human Life Cycle

20. Reproduction and Pregnancy
21. Childbirth and Parenting Newborns
22. Human Development across the Life Span
23. Pregnancy Prevention\*
24. Understanding Sexuality\*

\*Chapters 23 and 24 NOT included in *Essential Health*.

### What Teachers Are Saying

*"The Essential Health book is designed to teach up-to-date lessons with powerful resources to support the instructor. Students are engaged, motivated, and stay on task."*

— Beth J., Mather High School, Chicago

**Essential Health** is the most up-to-date, skills-based text available for high school health and wellness classes. With its engaging writing and numerous supporting activities, this text presents the study of health and wellness as a dynamic discussion that is relevant to students' lives. In addition to the standard topics, this text contains in-depth coverage of sleep, body image, and health across the life span. Content and skills are aligned to the *National Health Education Standards*.

**Comprehensive Health** offers a complete solution for high school health classes—the entire contents of *Essential Health* **PLUS** pregnancy prevention and sexuality. Content and skills are aligned to the *National Health Education Standards* and the *National Sexuality Education Standards*.

## Request Your FREE Preview!

Online or Print  
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Essential Health promo code: **essential17**  
 Comprehensive Health promo code: **comprehensive17**

Visit [www.g-w.com/health](http://www.g-w.com/health) or call 800.323.0440 for additional product information.





Written by award-winning educators, including Melanie Lynch—*SHAPE's 2016 National Health Education Teacher of the Year*

- ◇ **Classroom-tested activities**—Award-winning health teachers used their experience and knowledge to prepare activities that grab students' attention.
- ◇ **Extensive Instructor Resources**—PowerPoints®, lesson plans, worksheets, and assessments save time and help create the most appropriate lessons for your students.
- ◇ **Interactive tools plus support for English Language Learners**—The free Companion Website contains videos, animations, assessments, and English/Spanish glossary and e-flash cards to improve comprehension.

**Try It Now!**

The FREE Companion Website  
[www.g-wlearning.com/health](http://www.g-wlearning.com/health)



Student Print Materials	Essential Health	Comprehensive Health	School Price
<b>Textbook</b> , hardcover	978-1-61960-957-0	978-1-61960-948-8	<b>\$79.98</b>
<b>Student Workbook</b>	978-1-61960-960-0	978-1-61960-951-8	<b>\$18.00</b>
Student Digital Materials			
<b>Online Student Center (OSC)</b> , online textbook, workbook, and interactive content; 6 yr. Classroom Subscription (min. 15)	978-1-61960-959-4	978-1-61960-950-1	<b>\$91.98</b>
<b>Bundle</b> Printed Textbook + OSC (min. 15)	978-1-61960-965-5	978-1-61960-956-3	<b>\$119.97</b>

Also available are Instructor Resources; visit [www.g-w.com/health](http://www.g-w.com/health) to learn more.

## Improve Health and Wellness: Knowledge and Skills Lead to Healthy Choices

Today, more than ever, students need to be taught how to make healthy choices. **Healthy students are better learners**—and more successful in class, college, and career.

Students face many challenges including unhealthy diets, lack of physical activity, addiction to hazardous substances, such as opioids, risky sexual behavior—and the list keeps going. The key to developing effective coping methods and making healthy choices is **providing a comprehensive health education program.**

Health education builds students' knowledge and skills about health by focusing on physical, mental, emotional, and social well-being. It encourages **students to develop healthy behaviors that extend into adulthood.**

Effective curriculum results in positive choices, reducing students' risks of making poor decisions.

As an educational publishing company producing quality materials for more than 90 years, Goodheart-Willcox provides the resources for a comprehensive health education program.

**Let's work together to encourage healthy choices.**





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## A healthy lifestyle NOW contributes to lifelong wellness



**20% of teens, aged 13-18,** live with a mental health condition.



**30-60 minutes of daily exercise** can greatly decrease your risk of diabetes and other diseases.



**15 minutes of exposure** to the sun's UV rays can damage skin.

Across the nation, the emphasis on health education is increasing as more studies show that **healthy students are better learners**. Schools are implementing programs that address the physical, emotional, and social dimensions of health and wellness because they cannot prepare students for career and college if students are not healthy.

**Is your high school in need of a health program** with a contemporary look and feel, accessible content that appeals to students, and reliable information on today's health issues? If so, take a look at *Essential Health* and *Comprehensive Health*.

**Together, we can link healthy living with academic success**

