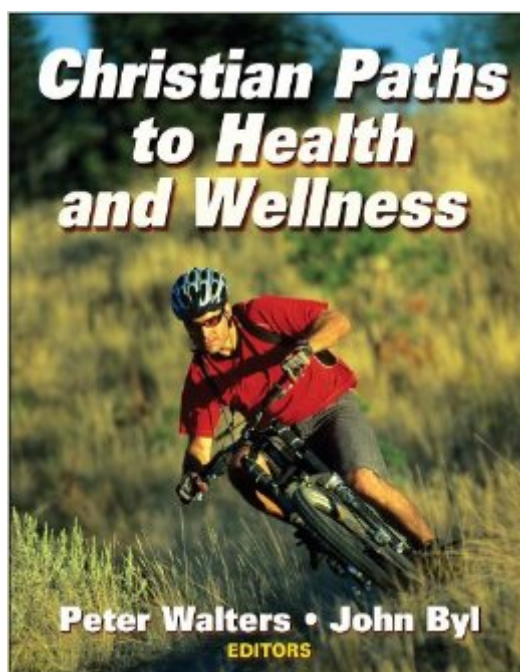


The book was found

# Christian Paths To Health And Wellness



## Synopsis

Most Christian college instructors have taught health and wellness from books that are not God-centered, simply because they have had no choice. Thanks to the development of *Christian Paths to Health and Wellness*, instructors can empower students to take responsibility and initiative for their own health, fitness, and wellness as part of their daily lives—while offering that instruction in a Christian context. Driven by 1 Corinthians 3:16 (“Don’t you know that you yourselves are God’s temple and that God’s Spirit lives in you?”), this practical text is based on sound, cutting-edge scientific research and Christian principles. As such, it provides an exciting new approach to teaching health and wellness to help meet part of the Christian college mission. Students will glean these benefits from the text: -A solid foundation in health and wellness theory and research -Multiple Christian perspectives that create a balanced approach to health and wellness across a broad spectrum of Christian beliefs-Study aids, including vocabulary lists, glossary definitions, chapter-opening objectives, and chapter-ending questions, which foster learning and application of the material In addition, *Christian Paths to Health and Wellness* comes with many instructional aids that are free to course adopters, including Web support with sample course syllabi, a presentation package, and a test package. These aids will help instructors streamline their preparation time while teaching and managing their courses. Written by six contributing experts and edited by two highly respected Christian college instructors, this book stems from the contributors’ own experiences in meeting the challenges of teaching in today’s Christian colleges. It includes point/counterpoint discussions examining issues students face today, and it provides hope, practical tools and methods for change, and a comprehensiveness that enables students to make gradual and significant permanent change through the wisdom of education and the power of the Holy Spirit. The book focuses on four major themes: how we are made, how we are made to move, how we are to be nourished, and how we are to behave in restful ways. In part I, students are introduced to biblical reasons to value their wellness and examine God’s purpose and their own life’s mission. They explore body image, eating disorders, and weight management in part II. In part III, students learn about the basics of fitness, including cardiorespiratory, muscular, and flexibility assessment and training. Part IV focuses on nutritional and emotional health and wellness and also looks at wellness as it relates to sleep habits and personal relationships. Part V encourages students to develop a comprehensive strategy to maintain personal wellness in a relationship with God. Through *Christian Paths to Health and Wellness*, students will learn about and practice making choices that have positive effects on their lifelong fitness and wellness. Students will become aware of physical wellness issues and

develop a passion for proactive and permanent lifestyle changes. And they will do it all with a God-centered approach. v

## **Book Information**

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## **Customer Reviews**

Used this book for teaching High School level Health and Wellness Class for a group of Homeschool kids. We did not cover every single chapter, but the content was excellent. It was presented in a very organized way. Chapter review questions were very helpful not only for covering key concepts, but also for writing questions for both chapter tests as well as mid-term and final exams. The Christian perspective was excellent and did not in anyway diminish the scientific data. Would highly recommend this resource.

My husband used this book for school. He found it very relevant and informative when it came to maintaining a good health. It was also easy to read and follow along for an on-line course.

As the student who read this book, I give it 5 stars. It was informative and pointed me in the right direction, but it was also consumable, as my dad says. Basically, it was in an easy to read format, and it wasn't as tedious as I had feared. I would highly recommend it!

Great health book that has A LOT of great information but when I got it the book was extremely damaged. Glad my professor required this book for class!

We got this to replace one we had already had. It was great to receive it so fast and I will look forward to buying more.

This book offers information regarding issues in today's society. Includes views from different perspectives as well as a Christian view and quotes from bible scriptures. Very informative!

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