

Questions and Answers

A Guide to Fitness and Wellness

What can I do to get
more energy?

Why is **behavior
change** so hard?

Will **exercise**
make me live longer?

What's my
ideal weight?

How do I know if I'm eating
the **right amounts** of the
right things?

How can I manage my
time better?

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Gary Liguori
Sandra Carroll-Cobb

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Have you ever wondered...

How can I reduce my body fat?

See Chapter 7, "Body Composition"



Are there ways I can lower the stress in my life?

See Connect Fitness and Wellness, Chapter 10, Behavior-Change Challenge Video Activity

When is the best time of day to work out?

See Connect Fitness and Wellness, Chapter 3, Myth/Fact Video Activity

How many days a week should I work out?

See Chapter 5, "Muscle Fitness"



How many calories do I need each day?

See Chapter 9, "Eating for Wellness and Weight Management"

How do I read a food label?

See Chapter 8, "Nutrition Basics"

What are some ways I can get myself moving?

See Connect Fitness and Wellness, Chapter 3, Lab 3.3: Overcoming Barriers to Physical Activity

So I want to change an unhealthy behavior - How do I get started?

See Connect Fitness and Wellness, Chapter 2, Lab 2.1: Goals and Strategies for Change



If so, you're not alone. Students have posed these questions—along with hundreds of others—to Gary Liguori and Sandra Carroll-Cobb. These questions are the framework upon which *Questions and Answers* is built.

How It All Started

Questions and Answers is built on questions—real questions from real students about real issues they encounter in regard to their fitness and wellness. Author Gary Liguori learned the power of a questions-based book firsthand when his wife was pregnant with their first child. As he and his wife turned again and again to *What to Expect When You're Expecting* to answer their questions about pregnancy and parenthood, he began to imagine a fitness and wellness text organized around a similar framework.

“Most books out there were too methodical to interest students. I wanted to create a book that would address real-life questions about actual student challenges, like coursework overload, balancing school and personal issues, and budgeting for food.” - Gary Liguori

How *Questions and Answers* was Developed

The questions that form the scaffolding for *Questions and Answers* were collected from students in two- and four-year schools across the United States. This initiative yielded an enormous number of questions—more than 1,000—that were then organized into topic headings and chapters. Every discussion in the text is a response to one of these questions, ensuring that all of the content in *Questions and Answers* is relevant to students' lives.

“When introduced to Gary's idea about shaping the content of a text around actual student questions, I was thrilled. I thought to myself, this could be a textbook students will actually want to read.” - Sandra Carroll-Cobb

What *Questions and Answers* Provides

Beyond its innovative Q/A format, *Questions and Answers* offers meaningful features and online activities, housed on the Connect platform, that help students become savvy consumers, skillful critical thinkers, and behavior-change experts. Other features of Connect for *Questions and Answers* include an integrated multimedia e-book, the unparalleled LearnSmart adaptive assessment program, video activities, and online labs and health assessments to enable students to practice and apply key skills and concepts.

“The Q/A format featured in *Questions and Answers*, combined with the critical-thinking and behavior-change focus, makes it a uniquely valuable resource. Instructors can direct students to focus on their most personal questions and then bring the discussion back to the entire class, for a student-centered learning experience.” - Gary Liguori



Gary Liguori, PhD, is a Fellow of the American College of Sports Medicine and recent Chair of the Health Fitness Specialist subcommittee. Gary has been on Health/Exercise Science faculty at the University of Wyoming, Youngstown State University, and North Dakota State University. He is currently the Department Head for Health and

Human Performance at the University of Tennessee Chattanooga. Gary has received numerous peer and student-driven awards for his teaching and advising, and has taught in The Netherlands on an international exchange. Gary's research is focused on metabolic disease risk and prevention and his research has been published in a range of journals. Gary also serves as a reviewer for a number of journals and annual meetings, in addition to having traveled around the world for various presentations. Gary is very committed to helping his local community stay active.



Sandra Carroll-Cobb has been teaching health and physical education classes in schools, businesses, and medical facilities for over 20 years. She has presented at a number of state, regional and national conventions and has served the national committees of several professional organizations. At the University of Alaska

Anchorage since 2000, Dr. Carroll-Cobb has served as faculty, interim associate dean, and interim dean. During this time she has remained active with health and physical activity programs throughout the community and state. She has served on the ConocoPhillips Healthy Futures Advisory Board, worked as a statewide trainer for the Alaska Department of Education & Early Development Team Nutrition grant, served as a PEP grant evaluator for the Anchorage School District, and was a contributor to the Alaska School Health and Safety Plan. She currently serves as Chair and Associate Professor in the Department of Health, Physical Education & Recreation. She is active on the Steering Committee for the State of Alaska Cardiovascular Health Coalition (Take Heart Alaska); the Executive Board of the Alaska Association for Health, Physical Education, Recreation and Dance; and the Anchorage Community YMCA Advisory Board.

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Questions *and* Answers

A Guide to Fitness and Wellness

Second Edition

Gary Liguori

University of Tennessee, Chattanooga

Sandra Carroll-Cobb

University of Alaska, Anchorage





QUESTIONS AND ANSWERS: A GUIDE TO FITNESS AND WELLNESS, SECOND EDITION

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