



## Connect Access Card for Your Health Today

By Michael Teague, Sara Mackenzie, David Rosenthal

Download now

Read Online 

**Connect Access Card for Your Health Today** By Michael Teague, Sara Mackenzie, David Rosenthal

**NOTE:** This ISBN includes only Access Code and not a Print Book

It's not just Personal! *Your Health Today* teaches personal health from a truly inclusive and socially responsible perspective. While each of us has a unique set of individual characteristics that shape our health, other environmental factors have an impact on our well being too. *Your Health Today* incorporates the individual, interpersonal, and broader social factors that affect our health, acting as a guide for healthy living in college and beyond.

The student-focused features in the fifth edition of *Your Health Today* highlight current topics, illustrate concepts with new photos and graphs, and invite dialogues among personal health students. For every chapter, the following features serve as entry points to classroom discussion, critical thought, and practical application of health concepts to students' lives.

Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need, when they need it, and how they need it, so that your class time is more engaging and effective.

 [Download Connect Access Card for Your Health Today ...pdf](#)

 [Read Online Connect Access Card for Your Health Today ...pdf](#)

# Connect Access Card for Your Health Today

By Michael Teague, Sara Mackenzie, David Rosenthal

**Connect Access Card for Your Health Today** By Michael Teague, Sara Mackenzie, David Rosenthal

**NOTE:** This ISBN includes only Access Code and not a Print Book

It's not just Personal! *Your Health Today* teaches personal health from a truly inclusive and socially responsible perspective. While each of us has a unique set of individual characteristics that shape our health, other environmental factors have an impact on our well being too. *Your Health Today* incorporates the individual, interpersonal, and broader social factors that affect our health, acting as a guide for healthy living in college and beyond.

The student-focused features in the fifth edition of *Your Health Today* highlight current topics, illustrate concepts with new photos and graphs, and invite dialogues among personal health students. For every chapter, the following features serve as entry points to classroom discussion, critical thought, and practical application of health concepts to students' lives.

Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need, when they need it, and how they need it, so that your class time is more engaging and effective.

**Connect Access Card for Your Health Today** By Michael Teague, Sara Mackenzie, David Rosenthal  
**Bibliography**

- Sales Rank: #1058195 in Books
- Published on: 2014-10-30
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x .20" w x 5.30" l, .17 pounds
- Binding: Printed Access Code

 [Download Connect Access Card for Your Health Today ...pdf](#)

 [Read Online Connect Access Card for Your Health Today ...pdf](#)

**Download and Read Free Online Connect Access Card for Your Health Today By Michael Teague, Sara Mackenzie, David Rosenthal**

---

## **Editorial Review**

### **About the Author**

Michael L. Teague received his doctorate in exercise science, health, and recreation from the University of Northern Colorado. He has been a professor in sport, health, and leisure at the University of Iowa since 1975, and he teaches courses in health, performance nutrition, and sports and recreation management for the Department of Health and Human Physiology. He has also developed and taught online courses on personal health, nutrition, and health promotion. Dr. Teague received the Outstanding Teacher Award from the University of Iowa in 1993-1994, and also holds a secondary appointment with the College of Public Health. He has authored several books about health promotion and aging as well as books about aging and leisure. Dr. Teague has served as a health observer for the U.S. State Department in East Timor, an advisory committee member for Healthy People 2000, a taskforce member for Women's Health in Iowa, and a health promotion grant reviewer for the National Institutes of Health, the Canadian Fitness and Lifestyle Research Institute, and the Canadian Diabetes Association. He was the director of a 26-part video series titled Healthy Living: Road to Wellness, used in distance learning and campus health courses across the United States. This series received 22 national and international video awards. In addition, Dr. Teague was the co-producer for The Victories of Dan Gable, which aired on HBO Signature in 1999. In his leisure time, Mike enjoys golf, racquetball, basketball, wallyball, and running.

Sara L. C. Mackenzie, M.D., M.P.H., completed medical school at the University of California-Davis and residency in family medicine at the University of Washington in Seattle. She obtained a master's degree in public health from the University of Washington. Dr. Mackenzie provides direct care for students at the University of Washington student health center. In addition, she is a Senior Lecturer in the School of Public Health and teaches several undergraduate courses ? in large and small groups ? about health, wellness, and illness. As the University of Washington School of Public Health Assistant Dean for Undergraduate Education, she has developed course and program curricula and led workshops on teaching and learning. In addition, she has organized conferences to enhance communication between youth and health practitioners. She is the West Coast medical consultant for Job Corps, a vocational training program for youth that incorporates basic health care, wellness, and employability. Her husband, Paul, and two daughters, Lila and Sydda, fill her life with laughter and balance. Sara enjoys horseback riding and gardening with her family.

David M. Rosenthal received his Ph.D. in counselor education from the State University of New York at Buffalo. For 23 years, he was a faculty member at the University of Iowa, teaching in the Colleges of Medicine, Public Health, and Education. Dr. Rosenthal was named Teacher of the Year by residents in the Department of Family Medicine and was given the College of Medicine Service Award. He was also the Director of Counseling and Health Promotion Services at the University of Iowa Hospitals and Clinics. Later he became the Director of La Bodega de La Familia in New York City. Dr. Rosenthal has also written a number of professional articles and books. With Dr. Michael Teague and David Gould, he produced a series of award-winning videos focusing on health. He also produced and co-directed, with Steven Henke, two award-winning video documentaries about Native Americans in South Dakota. Dr. Rosenthal has been a licensed marriage and family therapist and served as president of the Iowa Association of Marriage and Family Therapy. He has given more than 100 presentations in the United States and has conducted workshops in Zimbabwe, Uganda, Russia, and Greece. Dr. Rosenthal was also Executive Director of the Lower East Side Harm Reduction Center in Manhattan and an adjunct faculty member in the College of Education at Brooklyn College. He is currently a faculty member at Columbia University where he works with Family Medicine Residents and graduate students at the Mailman School of Public Health in the

Department of Health Policy and Management. He is also a member of the Board of Directors of two non-profit organizations: Heritage Health and Housing and Kwah Dao. David and his wife, Jane, enjoy living in New York City and spending time with their children, Daniel (and wife, Courtney) and Rebecca (and husband, Chris) and their six grandchildren--Isaac, Darby, Emily, Cyrus, Max, and Hazel.

## Users Review

### From reader reviews:

#### **Katrina White:**

This Connect Access Card for Your Health Today book is simply not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this book incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. That Connect Access Card for Your Health Today without we recognize teach the one who examining it become critical in thinking and analyzing. Don't possibly be worry Connect Access Card for Your Health Today can bring any time you are and not make your bag space or bookshelves' become full because you can have it within your lovely laptop even phone. This Connect Access Card for Your Health Today having good arrangement in word as well as layout, so you will not really feel uninterested in reading.

#### **Donovan Houseman:**

Nowadays reading books are more than want or need but also be a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge the actual information inside the book this improve your knowledge and information. The knowledge you get based on what kind of book you read, if you want drive more knowledge just go with education and learning books but if you want experience happy read one having theme for entertaining for example comic or novel. The particular Connect Access Card for Your Health Today is kind of book which is giving the reader erratic experience.

#### **Carol Sage:**

Publication is one of source of expertise. We can add our knowledge from it. Not only for students but in addition native or citizen will need book to know the update information of year to year. As we know those books have many advantages. Beside all of us add our knowledge, could also bring us to around the world. From the book Connect Access Card for Your Health Today we can acquire more advantage. Don't you to definitely be creative people? To get creative person must prefer to read a book. Just choose the best book that suitable with your aim. Don't always be doubt to change your life at this time book Connect Access Card for Your Health Today. You can more desirable than now.

#### **Herbert Oakley:**

Reading a publication make you to get more knowledge as a result. You can take knowledge and information coming from a book. Book is composed or printed or outlined from each source in which filled update of news. In this particular modern era like today, many ways to get information are available for an individual. From media social such as newspaper, magazines, science guide, encyclopedia, reference book, fresh and

comic. You can add your knowledge by that book. Do you want to spend your spare time to spread out your book? Or just seeking the Connect Access Card for Your Health Today when you desired it?

**Download and Read Online Connect Access Card for Your Health Today By Michael Teague, Sara Mackenzie, David Rosenthal #68R1LOD7GYA**

# **Read Connect Access Card for Your Health Today By Michael Teague, Sara Mackenzie, David Rosenthal for online ebook**

Connect Access Card for Your Health Today By Michael Teague, Sara Mackenzie, David Rosenthal Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Connect Access Card for Your Health Today By Michael Teague, Sara Mackenzie, David Rosenthal books to read online.

## **Online Connect Access Card for Your Health Today By Michael Teague, Sara Mackenzie, David Rosenthal ebook PDF download**

### **Connect Access Card for Your Health Today By Michael Teague, Sara Mackenzie, David Rosenthal Doc**

**Connect Access Card for Your Health Today By Michael Teague, Sara Mackenzie, David Rosenthal MobiPocket**

**Connect Access Card for Your Health Today By Michael Teague, Sara Mackenzie, David Rosenthal EPub**