



# Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health)

By Michael Teague, Sara Mackenzie, David Rosenthal

[Download now](#)

[Read Online](#) 

## Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal

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.

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 Your Health Today: Choices in a Changing Society L ...pdf](#)

 [Read Online Your Health Today: Choices in a Changing Society ...pdf](#)

# **Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health)**

*By Michael Teague, Sara Mackenzie, David Rosenthal*

## **Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal**

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.

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.

## **Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal Bibliography**

- Sales Rank: #365581 in Books
- Published on: 2014-10-06
- Original language: English
- Number of items: 1
- Dimensions: 10.70" h x .70" w x 8.40" l, .0 pounds
- Binding: Loose Leaf
- 480 pages



[Download Your Health Today: Choices in a Changing Society L ...pdf](#)



[Read Online Your Health Today: Choices in a Changing Society ...pdf](#)

**Download and Read Free Online Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal**

---

## **Editorial Review**

### **About the Author**

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.

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.

## Users Review

### From reader reviews:

#### Walter McBride:

Now a day people that Living in the era exactly where everything reachable by match the internet and the resources inside it can be true or not need people to be aware of each details they get. How many people to be smart in acquiring any information nowadays? Of course the reply is reading a book. Looking at a book can help individuals out of this uncertainty Information specially this Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) book because book offers you rich facts and knowledge. Of course the data in this book hundred pct guarantees there is no doubt in it you probably know this.

#### Christopher Hunnicutt:

The particular book Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) has a lot associated with on it. So when you make sure to read this book you can get a lot of help. The book was published by the very famous author. The author makes some research before write this book. This kind of book very easy to read you will get the point easily after reading this book.

#### Bethany Christiansen:

Many people spending their time by playing outside having friends, fun activity along with family or just watching TV the entire day. You can have new activity to enjoy your whole day by looking at a book. Ugh, think reading a book can actually hard because you have to bring the book everywhere? It ok you can have the e-book, bringing everywhere you want in your Smart phone. Like Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) which is finding the e-book version. So , try out this book? Let's notice.

#### Timothy Bullock:

Do you like reading a e-book? Confuse to looking for your chosen book? Or your book was rare? Why so many problem for the book? But just about any people feel that they enjoy regarding reading. Some people likes looking at, not only science book but novel and Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) or others sources were given expertise for you. After you know how the fantastic a book, you feel need to read more and more. Science e-book was created for teacher as well as students especially. Those guides are helping them to add their knowledge. In some other case, beside science book, any other book likes Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) to make your spare time considerably more colorful. Many types of book like this.

**Download and Read Online Your Health Today: Choices in a  
Changing Society Loose Leaf Edition (B&B Health) By Michael  
Teague, Sara Mackenzie, David Rosenthal #B9FAXI58PLO**

# **Read Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal for online ebook**

Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) 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 Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal books to read online.

## **Online Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal ebook PDF download**

**Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal Doc**

**Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal Mobipocket**

**Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal EPub**

**B9FAXI58PLO: Your Health Today: Choices in a Changing Society Loose Leaf Edition (B&B Health) By Michael Teague, Sara Mackenzie, David Rosenthal**