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The fifth Canadian edition maintains the focus of the original text but has been carefully revised, with new coverage of pressing topics and research, as well as updated references. This edition also features a fully integrated MyHealthLab--an online learning tool rich with critical-thinking content, including self-assessments and study plans, case studies, video clips, and more.

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Features. In developing Health: The Basics, we listened to the comments and concerns of Canadian personal health educators and learned that we

share the following goals for a personal health text: To prepare students to lead healthy lives, now and in the future, by providing knowledge, tools, and strategies to make responsible and appropriate decisions regarding their health.

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