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Fahey/Insel/Roth, Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Chapter 6 Body Fat Distribution and Chronic Disease

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Location of fat is important to health  
People who gain weight in the abdominal area = “apples;” this group has an increased risk of coronary heart disease, high blood pressure, diabetes, and stroke  
People who gain weight in the hip area= “pears”

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## **Test Bank for Fit and Well 5th Edition Fahey**

Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness Thomas Davin Fahey , Paul M. Insel , Walton T. Roth Mayfield Publishing Company , 1999 - Health & Fitness - 374 pages

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