Credits

**photos in figure 1.12:** KATERYNA KON/SCIENCE PHOTO LIBRARY/Getty Images

**photos in figure 2.4:** Science Photo Library - E. GRAY/Brand X Pictures/Getty Images (head lice); FatCamera/E+/Getty Images (hair loss); Powerofforever/E+/Getty Images (dandruff); Zlisjak/iStock/Getty Images (infections); Apomares/E+/Getty Images (ingrown nails); Dmitry Epov/iStock/Getty Images (warts)

**photos in figure 2.13:** JGI/Jamie Grill/Getty Images (weight gain); Jayk7/Moment/Getty Images (mood swings); Yuichiro Chino/Moment/Getty Images (impaired memory); Aslan Alphan/E+/Getty Images (heart disease)

**photos in figure 4.7:** Creative Crop/DigitalVision/Getty Images (bottle); Thomas Barwick/DigitalVision/Getty Images (boy drinking)

**photo in figure 4.13:** Lite Productions/Lite Productions RF/Getty Images

**figure 4.18:** USDA’s Center for Nutrition Policy and Promotion (MyPlate graphic)

**figure 6.2:** © C.B. Corbin, from *Fitness for Life,* 7th ed. (Champaign, IL: Human Kinetics, 2021).

**photos in figure 10.8:** Constantinis/E+/Getty Images (physical); SDI Productions/E+/Getty Images (emotional); FatCamera/E+/Getty Images (social); AIMSTOCK/E+/Getty Images (cyberbullying)