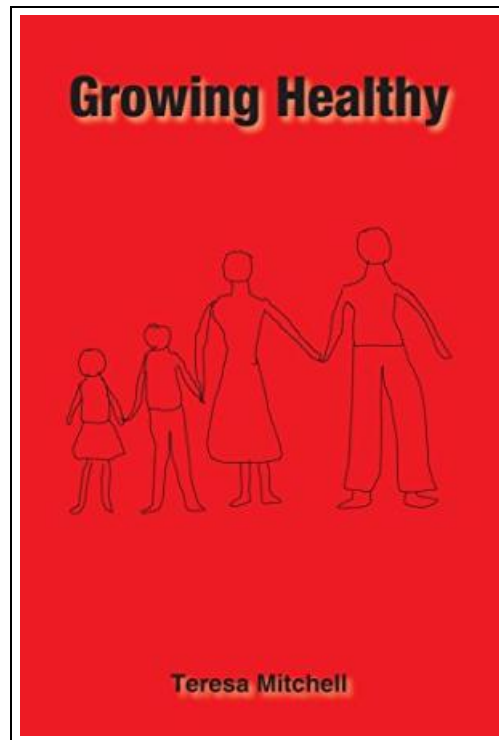


Growing Healthy (Paperback)



Filesize: 8.36 MB

Reviews



This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

(Prof. Buddy Leuschke)

GROWING HEALTHY (PAPERBACK)



Trafford Publishing, Canada, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Health is our biggest wealth and healthy citizens are more productive citizens. To know the facts about exercise, diet and health promotion will empower each of us to prevent common illness such as heart disease, diabetes mellitus and cancer. Smoking, lack of exercise and poor nutrition account for one in three premature deaths.Lack of exercise and poor nutrition lead to obesity.In children, regular fast food may lead to lack of attainment of real potential, and to hyperactivity.Lack of sleep has been linked to obesity, diabetes, heart problems, psychiatric disorders and dementia and increases a person s chance of having an accident. While regular exercise and sensible eating is important, it is essential to keep mentally active as well!Poor communication is a barrier to health and there is a significant correlation between low literacy rates and poor health. Everyone should get involved in their own health promotion and aim to remain mobile, active and healthy.All should avoid obesity. Young people must adopt a lifestyle where alcohol if used is not abused. Stress, often precipitated by alcohol excess and leading to further alcohol abuse, gives rise to unease, low productivity, increased risk taking, accidents, high sickness absence, addictive behaviour and mental health effects. This book outlines the way to be healthy and to avoid unnecessary illness. There is a beginning which should arouse curiosity at least, a middle when interest will be generated and hopefully, a happy ending when each will feel in charge and realize that relatively small lifestyle changes can cause big improvements in both mental and physical health. Alcohol excess, one of the biggest threats to society, must be replaced by a different culture. Change can be viewed as a challenge which...

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