



Growing Healthy (Paperback)

By Teresa Mitchell

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...

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