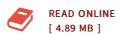




Growing Healthy (Paperback)

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...



Reviews

It in a of the best ebook. It is one of the most incredible pdf i actually have go through. I am just easily will get a satisfaction of looking at a composed book. -- Elisha McCullough

The publication is great and fantastic. It is packed with knowledge and wisdom You will like how the article writer publish this publication.

-- Mrs. Alta Kling V

Other Books



Good Nights Now: A Parent's Guide to Helping Children Sleep in Their Own Beds Without a Fuss! (Goodparentgoodchild)

Good Parent Good Child, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book
***** Print on Demand ******.GoodParentGoodChild books, give parents successful techniques to solve specific parenting challenges.
They are written from the perspectives...



Cyber-safe Kids, Cyber-savvy Teens: Helping Young People Learn to Use the Internet Safely and Responsibly

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Cyber-safe Kids, Cyber-savvy Teens: Helping Young People Learn to Use the Internet Safely and Responsibly, Nancy E. Willard, Essential strategies to keep children and teens safe online As our children and...



Children's Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. The Children's Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Johnny Goes to First Grade: Bedtime Stories Book for Children's Age 3-10. (Good Night Bedtime Children's Story Book Collection)

Createspace, United States, 2013. Paperback. Book Condition: New. Malgorzata Gudziuk (illustrator). Large Print. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. Do you want to ease tension preschoolers have before going to school for the first...