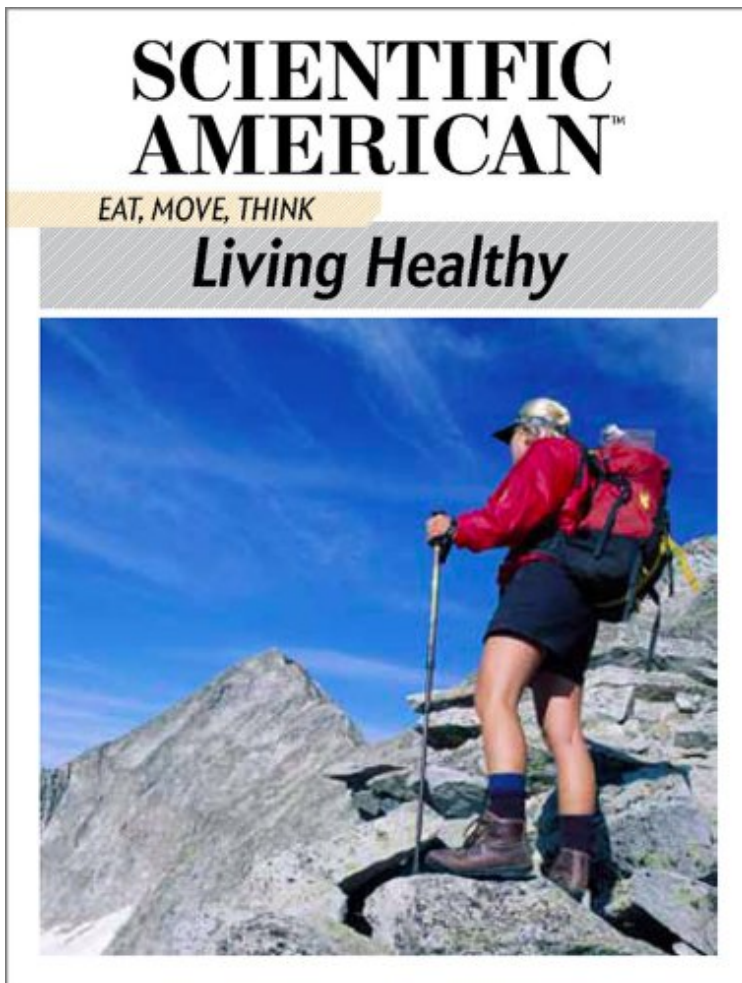


(Download free ebook) File size: 28.Mb

Eat, Move, Think: Living Healthy



Par Scientific American Editors
*Download PDF | ePub | DOC |
audiobook | ebooks

Dtails sur le produit Rang parmi les ventes : #443668 dans eBooksPubli le: 2013-05-13Sorti le: 2013-05-13Format: Ebook Kindle

(Download free ebook) Eat, Move, Think: Living Healthy

Par Scientific American Editors : Eat, Move, Think: Living Healthy before purchasing it in order to gage whether or not it would be worth my time, and all praised Eat, Move, Think: Living Healthy:

Download

Read Online

Description :

Prsentation de l'diteurEat, Move, Think: Living Healthy by the Editors of Scientific AmericanWhile many of us strive to live healthy lives, the task can be daunting and the information overwhelming. Should we be more concerned with our diet or with keeping our weight down? How important is exercise? What kinds of diseases should we really be worried about gettingor preventing? In this eBook, "Eat, Move, Think: Living Healthy," we've assembled a number of stories on what we think sums up a healthy lifestyle, as well as some of the common obstacles faced in trying to achieve it. Some would argue that diet is the cornerstone of healthy living. To that end the first section, "Diet for Health," opens with a story by nutritionist Marion Nestle, who sums up what it means to eat right in "Eating Made Simple." Subsequent sections look at the efficacy of vitamins and supplements, the benefits of exercise and the importance of coping with mental stress. Because obesity cannot be ignoredit is increasing at epidemic rates worldwideSection 3 covers "The Obesity Epidemic." While lifestyle can be a component of many diseases, including cancer and heart disease, we chose to include a section on diabetes because, like obesity, it too is increasing rapidly. The key to living healthfully is making informed choices, whether those involve the food you eat, where to live, your

ideal weight or how to stave off depression. Armed with the right knowledge, everyone can live a healthier life and that means a happier life. Presentation de l'auteur Eat, Move, Think: Living Healthy by the Editors of Scientific American

While many of us strive to live healthy lives, the task can be daunting and the information overwhelming. Should we be more concerned with our diet or with keeping our weight down? How important is exercise? What kinds of diseases should we really be worried about getting or preventing? In this eBook, "Eat, Move, Think: Living Healthy," we've assembled a number of stories on what we think sums up a healthy lifestyle, as well as some of the common obstacles faced in trying to achieve it. Some would argue that diet is the cornerstone of healthy living. To that end the first section, "Diet for Health," opens with a story by nutritionist Marion Nestle, who sums up what it means to eat right in "Eating Made Simple." Subsequent sections look at the efficacy of vitamins and supplements, the benefits of exercise and the importance of coping with mental stress. Because obesity cannot be ignored it is increasing at epidemic rates worldwide Section 3 covers "The Obesity Epidemic." While lifestyle can be a component of many diseases, including cancer and heart disease, we chose to include a section on diabetes because, like obesity, it too is increasing rapidly. The key to living healthfully is making informed choices, whether those involve the food you eat, where to live, your ideal weight or how to stave off depression. Armed with the right knowledge, everyone can live a healthier life and that means a happier life.