

1. Record Nr.	UNINA9910693477403321
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Titolo	A healthier you [[electronic resource]]
Pubbl/distr/stampa	[Rockville, Md.] : , : Office of Disease Prevention and Health Promotion, U.S. Dept. of Health and Human Services, , [2005]
ISBN	1-365-41454-X
Descrizione fisica	1 electronic text : HTML file, digital, PDF file
Soggetti	Nutrition policy - United States Nutrition - United States Diet - United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from title screen (viewed on Mar. 3, 2009). Paper version available for sale by the Supt. of Docs., U.S. G.P.O.
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	You can become a healthier, happier and more successful person by making a few simple changes to your lifestyle. You will have to make changes to the overall you, not just change the amount of exercise you do or your diet. The secret to achieving happiness and a healthier you is to balance your body and mind in harmony. It is only when we are balanced in physical, mental and spiritual health that we are truly healthy. If we are healthy, then we are happier and can reach success more easily in life. Keeping active by exercising not only helps you to lose those few extra pounds but also tones your muscles leaving you looking better but also feeling healthier by helping to ward off diseases. There are many forms of exercise and it doesn't have to be expensive. You can buy cheap basic gym equipment to use in your own home or even take up a form of great exercise which doesn't cost a penny - walking.