

1.	Record Nr.	UNIORUON00267876
	Autore	LI Zongjiang
	Titolo	Hanyu changyong ciyan bian yanjiu / Li Zongjiang zhu
	Pubbl/distr/stampa	Shanghai, : Hanyu da cidian Chubanshe, 1999
	ISBN	75-432-0369-3
	Descrizione fisica	3,2,284 p. ; 19 cm
	Classificazione	CIN II D
	Soggetti	Lingua cinese - Conversazione
	Lingua di pubblicazione	Cinese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910964020203321
	Autore	Epstein Susan J
	Titolo	The life program for MS : lifestyle, independence, fitness, and energy / / [Susan J. Epstein]
	Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2009
	ISBN	0-19-045250-1 0-19-773699-8 1-282-05397-3 9786612053979 0-19-972493-8
	Edizione	[1st ed.]
	Descrizione fisica	1 online resource (176 p.)
	Collana	Oxford scholarship online
	Disciplina	616.8/34 616.834
	Soggetti	Multiple sclerosis - Patients - Rehabilitation Multiple sclerosis - Exercise therapy Multiple sclerosis - Diet therapy
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia

Note generali	Statement of responsibility from half t.p.
Nota di contenuto	Contents; Foreword; Acknowledgments; Introduction; Part I: A Behavioral Approach to MS; 1 When Maintaining Energy Balance Becomes a Challenge; 2 The Wellness Model vs. the Disease Model; 3 Developing Health Behaviors Using a Psychological Model; Part II: Managing the Math of Calorie Balancing; 4 Keeping Track of the Numbers; 5 Calculating Food Calories Using the LIFE Sliding Scale System; 6 Calculating Physical Activity Calories Using the LIFE Sliding Scale System; Part III: Making Calories Count; 7 The Dangers of Running on Empty; 8 Avoiding Calorie Pitfalls 9 Fueling the Body with Quality CaloriesPart IV: Maximizing Energy Through a Mind-Body Approach; 10 Designing Energy Blocks to Balance Your Day; 11 Thinking about Yoga or Tai Chi?; 12 Maintaining Life Satisfaction; Appendix: Recording Logs
Sommario/riassunto	Due to some of the limitations imposed by MS, patients often become sedentary, gaining excess weight and developing poor eating and exercise habits. This is a user-friendly teaching tool that helps sufferers to incorporate new behaviors into their daily routines, to live a healthier life and reduce the chances of secondary illnesses.