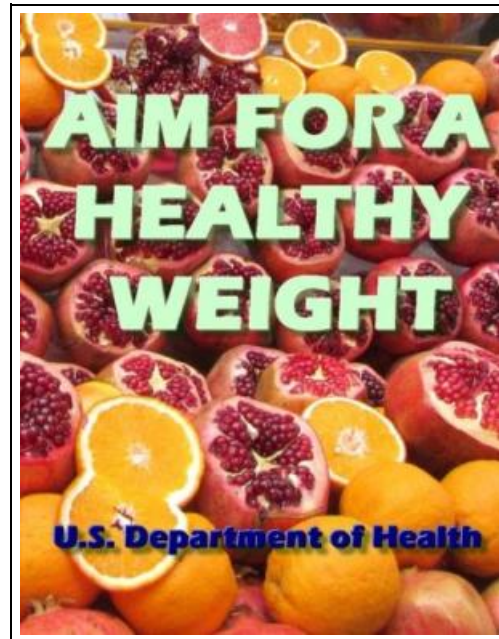


Aim for a Healthy Weight (Paperback)



Filesize: 3.27 MB

Reviews

*Good eBook and beneficial one. It really is simplified but unexpected situations from the 50 percent from the ebook. You can expect to like the way the blogger publish this ebook.
(Bridie Stracke DDS)*

AIM FOR A HEALTHY WEIGHT (PAPERBACK)



Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.

Stay fit for an entire life! Read this book which is a BW copy of the USA government publication. Why Is a Healthy Weight Important? Reaching and maintaining a healthy weight is good for your overall health and will help you prevent and control many diseases and conditions. We know that an increase in weight also increases a person s risk for heart disease, high blood cholesterol, high blood pressure, diabetes, gallbladder disease, gynecologic disorders, arthritis, some types of cancer, and even some lung problems (see Box 1). Maintaining a healthy weight has many benefits, including feeling good about yourself and having more energy to enjoy life. A person s weight is the result of many things- height, genes, metabolism, behavior, and environ- ment. Maintaining a healthy weight requires keeping a balance .a balance of energy. You must balance the calories you get from food and beverages with the calories you use to keep your body going and being physically active. The same amount of energy IN and energy OUT over time = weight stays the same If you are overweight or obese you are at risk of developing the following diseases:]High blood pressure]High blood cholesterol]Type 2 diabetes]Coronary heart disease]Stroke]Gallbladder disease]Arthritis]Sleep apnea and breathing problems]Some cancers .Endometrial .Breast .Prostate .Colon This booklet will provide you with information to figure out your body mass index (Box 2) and weight-related risk for disease. It will also give you information on when and how to lose weight, including tips on healthy eating and physical activity, setting weight loss goals, and rewarding your success. More IN than OUT over time = weight gain More OUT than...



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Healthy Eating for Kids

Igloo Books Ltd, 2007. Hardcover. Book Condition: New. Shipped from the UK within 2 business days of order being placed.

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Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic.

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Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed in 1872 and first performed in Moscow at the Russian

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