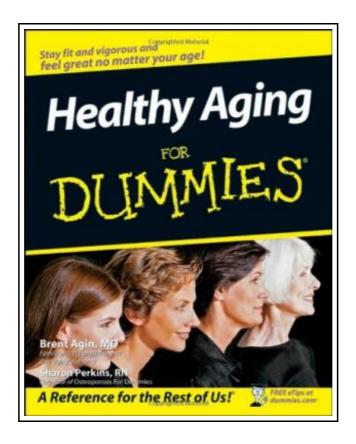
Healthy Aging For Dummies



Filesize: 4.12 MB

Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Michael Spinka)

HEALTHY AGING FOR DUMMIES



For Dummies, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction.Part I: So You Want to Look and Feel Young Forever.Chapter 1: The Fountain of Youth, at Your Fingertips.Chapter 2: The Four Major Health Concerns about Aging (and How to Prevent Them).Chapter 3: Evaluating Your Health and History and Setting Goals for Wellness.Part II: Workin' on Your Framework.Chapter 4: Putting Your Best Face Forward.Chapter 5: Loving the Skin You're In.Chapter 6: Building Bones and Preserving Joints.Part III: Using Nutrition to Extend Your Expiration Date.Chapter 7: You Are What You Eat: Nutrition 101.Chapter 8: Supplementing Your Daily Diet.Part IV: Getting Physical.Chapter 9: Maintaining a Healthy Weight and Fitness Level.Chapter 10: Strengthening Your Heart.Chapter 11: Building and Fine-Tuning Healthy Muscles.Part V: Sharpening the All-Important Mind and Spirit.Chapter 12: Keeping Your Mind and Memory in Tip-Top Shape.Chapter 13: Decreasing Stress to Live a Longer, Better Life.Chapter 14: ZZZ The Infinite Importance of a Good Night's Sleep.Chapter 15: Don't Worry, Be Happy: The Keys to Maintaining Health and Vitality.Part VI: The Part of Tens.Chapter 16: Ten Medical Myths that Can Affect Your Health.Chapter 17: Ten Foods to Help You Age Healthfully.Chapter 18: Ten Mind Games to Boost Your Brainpower.Chapter 19: Ten Ways to Make Your Home Safer as You Age.Appendix: Health, Lifestyle, and History Self-Assessment.Index.



Read Healthy Aging For Dummies Online



Other PDFs



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How...

Download PDF »



Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children...

Download PDF »



The Web Collection Revealed, Premium Edition: Adobe Dreamweaver CS6, Flash CS6, and Photoshop CS6 (Stay Current with Adobe Creative Cloud)

Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB...

Download PDF »



Maisy's Christmas Tree

Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is...

Download PDF »



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

Download PDF »