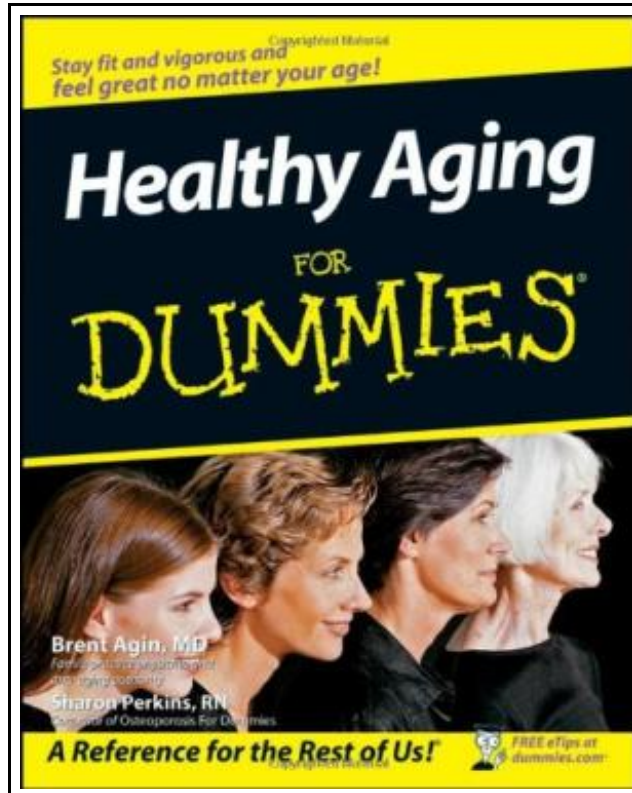


Healthy Aging For Dummies



Filesize: 5.57 MB

Reviews

*Absolutely essential study publication. It usually fails to expense an excessive amount of. Your lifestyle period will probably be transform when you full looking at this publication.
(Ms. Allene Conroy)*

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](#)



[Download PDF Healthy Aging For Dummies](#)

Relevant eBooks



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...

[Read ePub »](#)



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...

[Read ePub »](#)



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...

[Read ePub »](#)



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...

[Read ePub »](#)



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...

[Read ePub »](#)