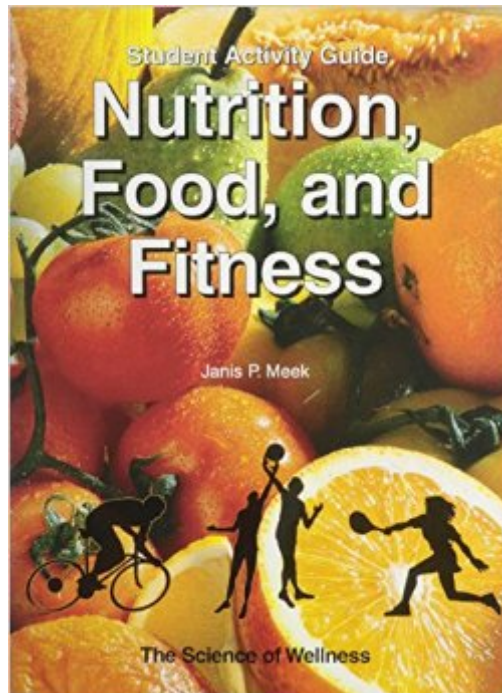


The book was found

Nutrition, Food, And Fitness: Student Activity Guide



Synopsis

Nutrition, Food, and Fitness: The Science of Wellness is the perfect choice for non-laboratory nutrition classes. This text stresses the importance of healthful eating and regular physical activity as permanent lifestyle habits rather than short-term programs. Students will learn they have much control over their state of wellness through the decisions they make. They will also study the significance of caring for their mental and social health as part of the total wellness picture. The text is up-to-date with the latest recommendations for nutrient intake. It covers weight management, eating disorders, and global hunger as well as physical fitness, substance abuse, consumer issues, and careers.

Book Information

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