

[DOWNLOAD](#)

Healthy Lifestyle Reports: Senior Health: Proven Tips You Can Use to Stay Healthy During Your Golden Years (Paperback)

By Ron Kness

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We live in a world where we want everything immediately. From having fast food restaurants on every corner, the ability to shop from our smartphones, to live streaming sports events, nearly everything we do is at our fingertips. Besides not getting enough exercise from daily activities anymore, throw into the mix the plethora of junk food we consume (because it is quick) and it s no wonder that we as a nation continue to get more and more overweight and obese. So instead of walking to the store, or walking around the mall for a few hours, we order our groceries online and buy new clothes and furniture with a few clicks on our computer or smartphones. Now, instead of burning calories prepping for and cooking a healthy family dinner, we call up the pizza guy or swing by a McDonald s and pick up a cheap and unhealthy meal for the family. Convenience may seem nice but it comes with a price - obesity, heart-related diseases, Type II diabetes and an early death. The health risks of being overweight...



[READ ONLINE](#)

[3.27 MB]

Reviews

The ebook is easy in read through preferable to understand. It is actually writter in straightforward words and never hard to understand. I realized this publication from my dad and i encouraged this ebook to understand.

-- **Dr. Fausto Jenkins Sr.**

This pdf can be worthy of a read, and much better than other. I am quite late in start reading this one, but better then never. Its been printed in an remarkably easy way which is merely following i finished reading this book by which basically changed me, alter the way i think.

-- **Nedra Kiehn**