



Best Fitness Health Log: Live Longer in Shape (Paperback)

By Therlee Gipson

Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Introduction Diabetes are going to destroy the United States. This all could be prevented if we would turn the clock back to the fifties. Americans did mostly physical work in factories and on farms. Today with lack of exercise because of our modern lifestyle of sedentary jobs using computers and automobiles. No wonder we are suffering as a Nation. We must alter our lifestyles or be doomed to our own self centered greed and unhealthy consumption. United States must advocate Fitness and healthy living or else. Fact: Regular physical activity - even at moderate levels - reduces the risk of heart disease, cancer, high blood pressure, and obesity. Here is another fact: 65 of Americans are considered obese. So while the risks associated with not exercising are clear, we don t seem to be doing anything to change our sedentary ways. Most illness are self-inflicted. The human body has a super natural designed healing system that can meet most of its problems without outside intervention. Even when outside help is needed, healing is enhanced if the patient can...



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