

Healthy Women, Healthy Lives



HEALTHY



WOMEN,



HEALTHY

LIVES



*A Guide to Preventing Disease, from
the Landmark Nurses' Health Study*



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Since 1976, the world-famous Harvard Medical School Nurses' Health Study has followed more than 120,000 real women, leading real lives, to discover what factors contribute to improving the health of women. The most important findings are made accessible to the general public in this easy-to-understand book that will revolutionize the way women live. *Healthy Women, Healthy Lives* goes beyond simply labeling preventive measures and risky behavior -- it provides practical tips and strategies from clinical experts at Harvard Medical School for making healthy lifestyle changes. Here are the best ways to lower the risk of a host of chronic diseases, as well as tips for losing weight, stopping smoking, eating healthily, and exercising regularly. With easy-to-read graphs that clarify complex information and personal stories from nurses who have contributed to the remarkable study, *Healthy Women, Healthy Lives* is an extraordinary health book that will prove invaluable to women everywhere.

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