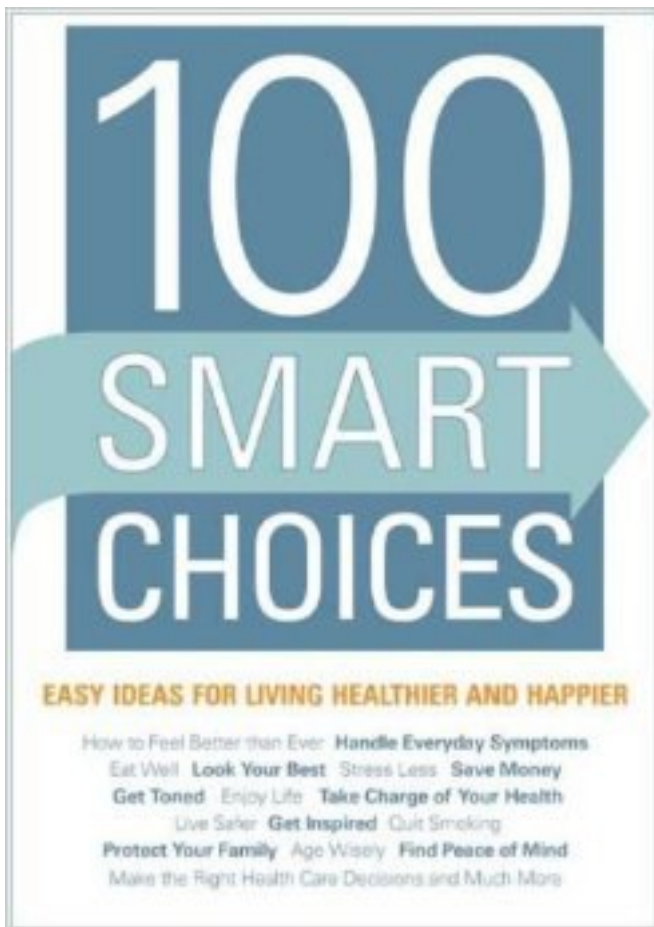


100 Smart Choices



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100 Smart Choices provides information on a broad range of adult preventative health and wellness topics including nutrition, exercise, stress management, community, doctor-patient relationships, positive health changes, and safety. Part 1 focuses on

overall wellness - eating well, staying active, and reducing stress - highlighting small changes that can make a big difference in a person's health. Part 2 offers clear direction for the 34 common symptom moments to promote the most appropriate and cost-effective care. Part 3 helps the consumer take charge of their health by providing tools and trackers to help readers track medical history, plan preventative care, and log activity and nutrition.

作者介绍:

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都是一些健康的生活常识，消遣了~

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