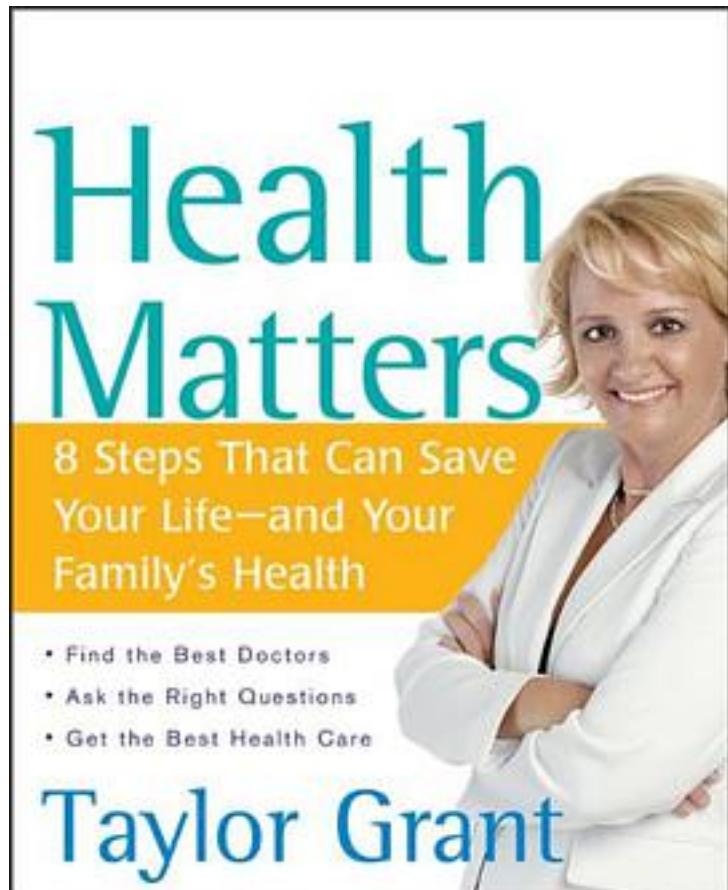


# Health Matters



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著者:Marks, Beth/ Sisirak, Jasmina/ Heller, Tamar

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For people with disabilities, a good health and nutrition program can have life-changing results: more energy, increased knowledge, more confidence and self-esteem, and fewer serious health issues such as obesity, diabetes, and heart disease. This innovative, easy-to-implement curriculum is the perfect way to help

adults build healthy lifestyles and as a bonus, help communities reduce the high costs of common health problems. A research-based, field-tested program that's already made a dramatic difference in the lives of participants with disabilities, this proven curriculum shows professionals how to conduct up to 59 one-hour sessions that help people make the best choices about health, exercise, and nutrition. Through lively discussions and activities, adults with a wide range of disabilities will increase their commitment to exercise and good nutrition; develop clear exercise and nutrition goals; master the practical aspects of an exercise routine.

作者介绍:

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