



Says

What have we heard them say?
What can we imagine them saying?



Thinks

What are their wants, needs, hopes, and dreams?
What other thoughts might influence their behavior?



Does

What behavior have we observed?
What can we imagine them doing?



Feels

What are their fears, frustrations, and anxieties?
What other feelings might influence their behavior?

"Healthy Hub is a place to go for resource that promote better health and quality of life for all.

You can take are items like booksd pamblets canned food and othewr health to shaare wi;th ;thew comm;u;nity said paula kreissle are4 exewcutive deoctor of health savannah.

The hub provides a quick and easy way to find information about local services.

People can ;use the site to refer themselves t o service ares4 find reliable ;;nformation fior a range oif different condition including ;mental health and physical aiolments.

The WHO definition of health as complete wellbeing is no longer fit for purpose given the rise of chronic disease. Machteld Huber and colleagues propose changing the emphasis towards the ability to adapt and self manage in the face of social, physical, and emotional.

he current WHO definition of health, formulated in 1948, describes health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”¹ At that time this formulation was groundbreaking because of its breadth and ambition. It ov

IT overcame the negative definition of health as absence of disease and included the physical, mental, and social domains. Although the definition has been criticised over the past 60 years, it has never been adapted. Criticism is now intensifying,^{2 3 4 5} and as populations age and the pattern of illnesses changes

he definition may even be counterproductive. The paper summarises the limitations of the WHO definition and describes the proposals for making it more useful that were developed at a conference of international health experts held in the Netherlands.⁶

preparation and maintenance of ZOHO BOOKS for healthy hub and medical club

AS YOUR FIRST STEP INTO YOUR FUTURE CAREER AS A DOCTOR, THE CLINICAL SKILLS LAB AIMS TO PROVIDE YOU WITH TRAINING IN THE FUNDAMENTAL SKILLS YOU'LL BE USING ON DAILY BASIS, THE SKILLS OF HISTORY TAKING AND PHYSICAL EXAMINATION ARE CENTRAL TO THE PRACTICE OF CLINICAL MEDICINE WHICH IS WHY IT'S CRUCIAL FOR YOOU TO MASTER THEM

To summarize the current status of, and the current expert opinions, recommendation and evidence associated with the use and implementation of electronic health (eHealth), telemedicine, and/or telehealth to provide healthcare services for chronic disease patients during the COVID-19 pandemi

atients with chronic disease conditions, such as patients living with diabetes and/or heart condition, may be vulnerable to the COVID-19 pandemic, which means that they are a high-risk population.⁴ In response to the existential health

Researchers have published numerous articles on the role of eHealth, telehealth, and/or telemedicine in delivering healthcare services to patients with chronic diseases/conditions during the COVID-19 pandemic. Yet, due to the developing nature of the crisis, policymakers, researchers, and/or practitioners

Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise can help prevent excess weight gain or help you keep off lost weight. When you take part in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none. To gain the benefits of exercise, just get more active throughout your day. For example, take the stairs instead of the elevator or rev up your household chores