



Smart Ways to Stay Young and Healthy.

By Bradley Gascoigne, Julie Irwin."

Ronin Publishing April, 1992, 1992. Paperback. Book Condition: Brand New. Brand new! Midwest Book Review\nSmart Ways to Stay Young & Healthy is an easy-to-read book giving practical suggestions for common-sense ways to be healthy. Advice ranges from simple avoidance of risks, like using a seat belt and avoiding passive smoke, to more complicated information on AIDS, immunization, and first-aid care. Smart Ways to Stay Young & Healthy tells how to keep the body in great shape with "power naps" and aerobic exercise, suggests ways to lose weight, explains why knowing your family health history is important, encourages people to get pets and honor personal traditions as well as learn the Heimlich Maneuver, take an aspirin every other day (for men over 40) and protect skin from the sun. Smart Ways to Stay Young & Healthy offers the best way to save on health care - by helping to develop a healthy lifestyle.



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