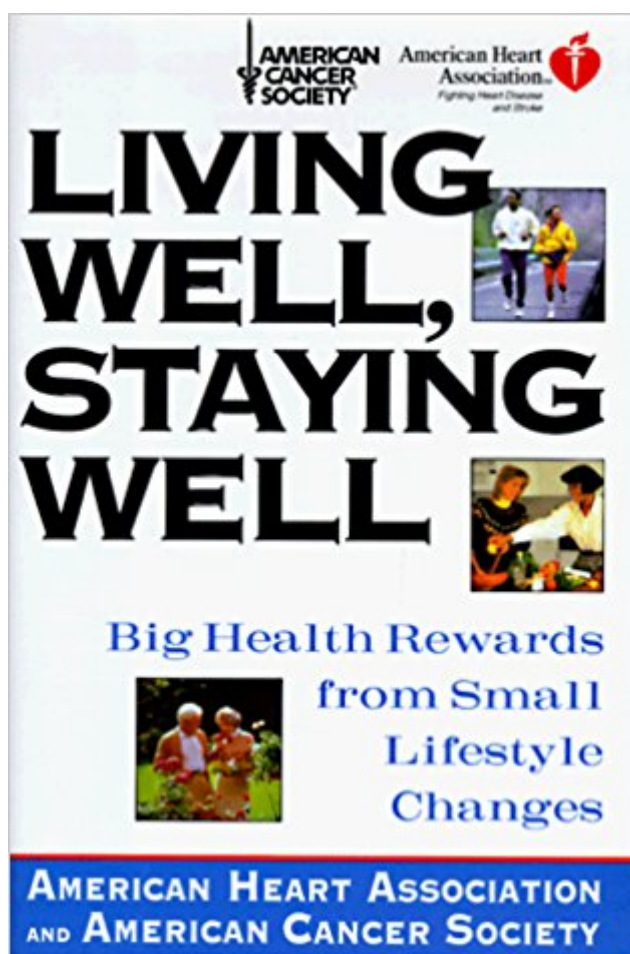


The book was found

Living Well, Staying Well:: Big Health Rewards From Small Lifestyle Changes (American Heart Association)



Synopsis

You want to stay healthy and avoid illness. This sounds like a simple goal, yet it can seem frustratingly out of reach. You may be confused by the medical information you glean from the headlines -- each new health study seems to contradict the one before it, and you never know how much of all this information is fact, hype, or fashion. You may want to lead a more healthful lifestyle but believe you don't have the time or ability to make the huge changes you think are needed to achieve that. Here to cut through all the confusion is *Living Well, Staying Well*, created by the American Heart Association and the American Cancer Society. It's the ultimate guide to achieving wellness and avoiding two of life's most devastating illnesses -- heart disease and cancer. The good news is that there's a lot you can do to achieve maximum health and avoid heart disease and cancer. The better news is that you don't have to make drastic changes in your lifestyle to achieve the reward of improved health. The latest scientific research demonstrates that making even small changes in your life can add up to big health benefits. *Living Well, Staying Well* is real information for real people. No drastic diet that forces you to give up all the food you love. No grueling exercise campaign you can't stick with. No special products you have to buy. Here is practical, step-by-step advice on how to reduce specific health risks -- having high blood pressure, having high cholesterol levels, being overweight, and more -- all designed to inspire you to make lifestyle changes you can stay with for a lifetime. Based on solid science, this is advice you can trust -- and advice that will last a lifetime. With the aid of the American Heart Association and the American Cancer Society, two of the nation's most trusted health authorities, you can create a personal wellness program that could help you avoid life-threatening illness and enjoy many added years of optimal health. The American Heart Association, based in Dallas, Texas, has affiliates that serve the entire United States. The AHA library includes the AHA Cookbook, Fifth Edition; AHA Brand Name Fat and Cholesterol Counter, Second Edition; AHA Low-Fat, Low-Cholesterol Cookbook; AHA Low-Salt Cookbook; and AHA Quick and Easy Cookbook. The American Cancer Society is headquartered in Atlanta, Georgia, with fifty-seven state Divisions and more than three thousand local Units nationwide.

Book Information

Series: American Heart Association

Hardcover: 316 pages

Publisher: Crown; 1st edition (December 26, 1995)

Language: English

ISBN-10: 0812924770

ISBN-13: 978-0812924770

Product Dimensions: 1.5 x 6.8 x 10 inches

Shipping Weight: 1.5 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,409,571 in Books (See Top 100 in Books) #82 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #93 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention

Customer Reviews

If cancer and heart disease are so frightening, then why is 1 in 3 Americans obese, and why does only 1 in 10 eat the recommended number of servings of fruits and vegetables? The American Cancer Society and the American Heart Association, here in their first jointly written book, think it may be because of the onslaught of conflicting health information announced by the media. It's also a byproduct of managed care, because you're likely to be told you have high blood pressure and have a prescription swiftly given to you, whether or not you know how dangerous this may be, what your exact reading was, or what "blood pressure" really means. *Living Well, Staying Well* aims to remedy these problems with its practical, easy-to-follow guidelines to help you reduce your risk of developing cancer and heart disease by teaching you how to cut high cholesterol levels, lower blood pressure, lose weight, and eat right. These are daunting, even overwhelming tasks, to be sure, and that's why the authors have smartly broken each health "project" into simple steps. From 23 sneaky ways to work physical fitness into your day to proven tips for quitting smoking, *Living Well, Staying Well*'s main aim is to help you take better care of yourself, one day at a time. The ACS and the AHA don't want you to become a statistic (and they're scary: each year, 1.5 million Americans have a heart attack and 1.2 million are diagnosed with cancer). *Living Well, Staying Well* can help you help yourself prevent health problems, all in a friendly, accessible format. Highly recommended. --This text refers to an out of print or unavailable edition of this title.

In *Living Well, Staying Well*, you'll learn dozens of ways to achieve maximum health by making small changes that can add up to big health rewards. Here are a few examples:-- Fill out the "What Happens When I Quit Smoking" questionnaire to pinpoint the best strategy for you to use to break the nicotine habit. Then follow "The Five Ds" to help you stick with it. After your last smoke, it will take only twenty minutes for your blood pressure to return to normal. After forty-eight hours, your damaged nerve endings will start to regrow. And by one year after you quit, your heart attack risk

will decrease by half.-- Try switching from whole milk to 1 percent or nonfat milk for your cereal, coffee, and baking. A cup of whole milk has about twice as many calories as a cup of nonfat/skim milk -- twenty times as much fat! Make the switch and see how quickly those calorie savings add up.-- Take the salt shaker off your table, and put a pepper mill, lemon slices, and a shaker with well-seasoned vinegar there instead -- and see how easy it is to keep your sodium level down!-- To fit fitness into a hectic lifestyle, use the walk-up instead of the drive-in lane at the bank, park your car several blocks from your destination and walk the rest of the way, or go to a museum instead of a movie. Even standing up instead of sitting while you talk on the phone or watching TV sitting up instead of lying down can help.-- Put sunscreen on your children, thereby helping them avoid up to 80 percent of skin damage.

[Download to continue reading...](#)

Living Well, Staying Well:: Big Health Rewards from Small Lifestyle Changes (American Heart Association) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The small BIG: small changes that spark big influence Marriage: Small Steps, Big Rewards American Medical Association Complete Guide to Prevention and Wellness: What You Need to Know about Preventing Illness, Staying Healthy, and Living Longer American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer The Men's Health Big Book of Food & Nutrition: Your completely delicious guide to eating well, looking great, and staying lean for life! Tiny Houses: Minimalistâ€™s Tiny House Living (Floor Plans Included) (tiny house construction,tiny homes,tiny house design,small houses,small homes,tiny house building,tiny house lifestyle,micro homes) American Psychiatric Association Practice Guideline for the Treatment of Patients with Eating Disorders (2314) (American Psychiatric Association Practice Guidelines) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) American Bar Association Guide to Wills and Estates, Fourth Edition: An Interactive Guide to Preparing Your Wills, Estates, Trusts, and Taxes (American Bar Association Guide to Wills & Estates) American Medical Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) The Minimalist Budget: A Practical Guide on Living Well, Spending Less, How to Save Money And Living Your Life With a Minimalist Lifestyle The Medical Library Association Guide to Finding Out About Heart Disease: Best Print and Electronic Resources

(Medical Library Association Guides) Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks Staying Healthy in Asia, Africa & Latin America) American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well Minimalist Lifestyle: How to Start Living Simplistically Right Now (minimalist living, minimalism, living minimally, spirituality, declutter your home, decluttering, self-help, happiness, freedom,) Lifestyle Medicine, Third Edition: Lifestyle, the Environment and Preventive Medicine in Health and Disease American Heart Association Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)