

Live Well, Live Smart



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Publisher: readolla.com

Published date: 2024

Here is the translation of the provided text:

A Person at an Affordable Price: Optimization of Lifestyle for Health and Happiness

• Part I: Fundamentals of Health and Well-being

- **1.1. Definition of Health and Its Importance in Daily Life**
- **1.2. The Impact of Lifestyle on Physical and Mental Health**
- **1.3. The Role of Genetics in Human Health**
- **1.4. The Impact of Environment on Human Health**
- **1.5. History of Medicine and the Evolution of Understanding Health**

• Part II: Diet and Nutrition

- **2.1. Fundamentals of a Healthy Diet: Proteins, Carbohydrates, and Fats**
- **2.2. The Role of Vitamins and Minerals in the Human Body**
- **2.3. The Benefits and Drawbacks of a Vegan and Vegetarian Diet**
- **2.4. The Role of Caffeine and Sugar in Nutrition**
- **2.5. Diet for People with Chronic Diseases**
- **2.6. The Impact of Dietary Supplements on Health**
- **2.7. The Role of Water in Human Nutrition**

- **2.8. Diet for Athletes and Physically Active Individuals**
- **2.9. Diet for Children and Adolescents**
- **2.10. Diet at Different Stages of Human Life**

• Part III: Movement and Physical Activity

- **3.1. The Role of Movement in Maintaining Physical Health**
- **3.2. Types of Physical Activity: Sports, Fitness, Relaxation**
- **3.3. The Impact of Movement on Mental Health**
- **3.4. The Role of Movement in Maintaining Body Weight**
- **3.5. The Role of Movement in Preventing Chronic Diseases**
- **3.6. The Impact of Movement on Cardiovascular Health**
- **3.7. The Role of Movement in Maintaining Joint Health**
- **3.8. The Role of Movement in Maintaining Nervous System Health**
- **3.9. The Role of Movement in Maintaining Skin Health**
- **3.10. The Role of Movement in Maintaining Health in Older Age**

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- **4.3. The Impact of Relaxation on Physical and Mental Health**
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- **4.5. The Impact of Relaxation on Nervous System Health**
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- **4.9. The Impact of Relaxation on Physical Health**
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• Part V: Satisfaction and Happiness in Life

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- **6.9. The Impact of Personal Development on Physical Health**
- **6.10. The Role of Personal Development in Maintaining Overall Health**

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