

[Download free pdf] Health 101 LITE

Health 101 LITE

A. Arturo Rodriguez

*DOC / *audiobook / ebooks / Download PDF / ePub*



2005-07-01 Original language: English .0 x .0 x .0l, Binding: CD-ROM 150 pages | File size: 44.Mb

A. Arturo Rodriguez : Health 101 LITE before purchasing it in order to gauge whether or not it would be worth my time, and all praised Health 101 LITE:

Health101trade; LITE, "Health Calculators for Fitness Wellness" (the abridged version), is the most innovative Health Education and Risk Assessment Tool, it features dozens of health calculators, health information, web resources, Guidelines, and integrated panels for comprehensive Body Weight and Cardiovascular Risk Assessments. It was developed by physicians (MD) and is intended for all audiences. The contents are fully referenced and its functionality broadly tested. It has been released simultaneously in English and Spanish. The national epidemic of obesity, heart disease, high blood pressure, diabetes, high cholesterol, etc. has reached unprecedented levels. Health 101trade; LITE will create awareness, disseminate guidelines, facilitate the learning process, and motivate the adoption of healthier lifestyles among the public in general. With Health 101trade; LITE, users can easily compute a series of health parameters like the Body Mass Index (BMI), Ideal Body Weight, Energy Expenditure, Target Heart Rate, Due Date, etc. All with absolute reliability and privacy. Users can also perform self-assessments of 'Body Weight' and 'Cardiovascular Risk' (including Framingham Scores, Major Risk factors and Metabolic Syndrome). From the Publisher Health 101trade; LITE represents the most innovative Health Education and Risk Assessment Tool in the market today. It is an easy to use, all-in-one resource (software and information) for Health, Fitness Wellness. Try it!

JAMA received Health101, Health101 LITE and Salud101 in its New Books, Journals and Media Section. Great

Health Education Tool. -- Journal of the American Medical Association, September 28, 2005
From the Publisher Health101trade; represents the most innovative Health Education and Risk Assessment Tool in the market today. It is an easy to use, all-in-one resource (software and information) for Health, Fitness Wellness. Try it!
From the Author Great Health education Tool in a mini CD-ROM