

## H1 Genuine] on their own health and longevity(Chinese Edition)



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## H1 GENUINE] ON THEIR OWN HEALTH AND LONGEVITY(CHINESE EDITION)



paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pub Date :2003-01-01 Pages: 2003 Publisher: Hua Ling Press title: health and longevity on their own original price: 13.6 yuan Author: Publisher: Hua Ling Press Publication Date: 2003-1-1 ISBN: 9787801780584 words : Page :2003-01-01 Edition: Binding: Folio: Product ID: Garden Wing: 430.401. Hua Ling Press Editor's Choice health and longevity is the modern pursuit of a state of life. healthy aging is becoming a conscious action. What kind of lifestyle to get healthy. win longevity? The key to the health of the health and longevity the drip efforts to rely on their own life in their own hands. Summary With the continuous improvement of the material and spiritual civilization. people's awareness of health and longevity are also gradually increase. recognizing that people want longevity there should be the basis of human health. it is necessary to have a healthy growing awareness. Science and fitness guidance is increasingly urgent demand for fitness to participate in physical exercise not only stay in the needs of the low-level activities of the curved waist. kick the legs. but hope in the theory and practice of health more learning and understanding. Science to participate in organized fitness activities. in order to achieve and enhance the body's ability to create the perfect body. pleasant state of mind to meet the purpose of the physical and psychological needs. Ed the purpose of this book is to arouse the people to respond to the call of the national fitness. positive action. and take the initiative to enter the health and longevity goals to extend the average life expectancy of the Chinese nation further extension. leapt to the forefront of the world. Table of Contents 1 What is health?...

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