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Being healthy is much more than being physically fit and free from disease. Health is the state of well-being in which all of the components of health -- physical, emotional, social, mental, spiritual, and environmental -- are in balance. To be truly healthy, you must take care of all six components. - p. 11.

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Sport and physical activity should now be understood as lifelong activity, beginning in childhood, and accessible to participants of all levels of ability. This book offers an overview of some of the core concerns underlying lifelong engagement in sport and physical activity, encompassing every age and phase of engagement. The book explores key models of engagement from around the world, as well as specific areas of research that will help the reader understand this

important topic. In adopting a lifespan approach, the book pays particular attention to sport and physical activity during childhood and adolescence as well as transitions into adulthood, the developmental periods when participation in sport and physical activity are most likely to decline. Understanding more about participation during these early years is important for sustaining participation during adulthood. The book also addresses issues relating to sport and physical activity during adulthood, across a range of different populations, while a final section examines sport and physical activity among older adults, an often overlooked, but growing segment of society in this context. *Lifelong Engagement in Sport and Physical Activity* is important reading for undergraduate and postgraduate students in teacher education, sport and coaching science, and for health promoters, coaches, teachers and relevant bodies and organizations in sport and education. This book is published in partnership with ICSSPE, and is part of the Perspectives series

This book takes a deep look into the folk medicine of Vermont. Written by a formally trained doctor who realised the local folk medicine was not only tradition but imperative to the way of life and the health of fellow Vermonters. This little guide provides knowledge and understanding of the nature and long successful uses of folk medicine and will be invaluable to anyone interested in daily increased vitality from childhood through maturity to satisfyingly active old age.

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