

A photograph of two women in a room with a light-colored wall and a patterned rug. On the left, an older woman with short grey hair and glasses, wearing a purple long-sleeved shirt and black pants, is seated on a black chair. She has her arms raised and is smiling. On the right, a younger woman with dark hair, wearing a bright pink short-sleeved shirt and black pants, is standing with her arms raised and is also smiling. Both women are wearing black athletic shoes. A red banner with white text is positioned across the middle of the image, partially overlapping the women. The background is a plain, light-colored wall with a white baseboard and a white electrical outlet visible on the right side.

GENTLE WALKING WORKOUT

10 MINUTES/1200 STEPS

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Sugar Intake Ian James Martins,2021-09-01 Rates of diabetes are increasing worldwide with cases spreading to various regions of both developing and developed countries increasing the risk of various organ diseases Nutritional interventions such as low calorie low sugar diets have now become critical for combatting the disease Written by experts from around the globe this book examines the risks and benefits of sugar intake and the critical role of functional foods in treating diabetes The chapters provide information to control sugar intake and to prevent the induction of organ disease in diabetic individuals

The Rough Guide to Myanmar (Burma) Martin Zatko,2015-02-02 The Rough Guide to Myanmar Burma is the most up to date travel guide to this rapidly changing country Now available in ePub format Only guidebook to include hundreds of miles of pristine untouristed beaches in the southeast which opened up to travelers for the first time while our Rough Guides author was writing this guide Showcases regions other guides don t cover including newly developing ecotourism at Indawgyi Lake and in the northern region More detailed coverage of key sights such as Bagan and the major cities of Yangon and Mandalay More full color maps and photography than the competition Most current listings and prices for hotels restaurants shops bars and sights Throughout travelers will find intuitive cultural content tips for what to see and what to skip and practical information on etiquette transportation food drink costs and currency and health plus a handy guide to the Burmese language Whether travelers look to explore the temple strewn plains of Bagan trek through remote villages in Hsipaw or punt in and around the stilt villages of magnificent Inle Lake this guidebook gives the honest advice they ll need to plan their trip navigate the countryside and make the most of their time in Myanmar Burma (Free Sample) 12 Years

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