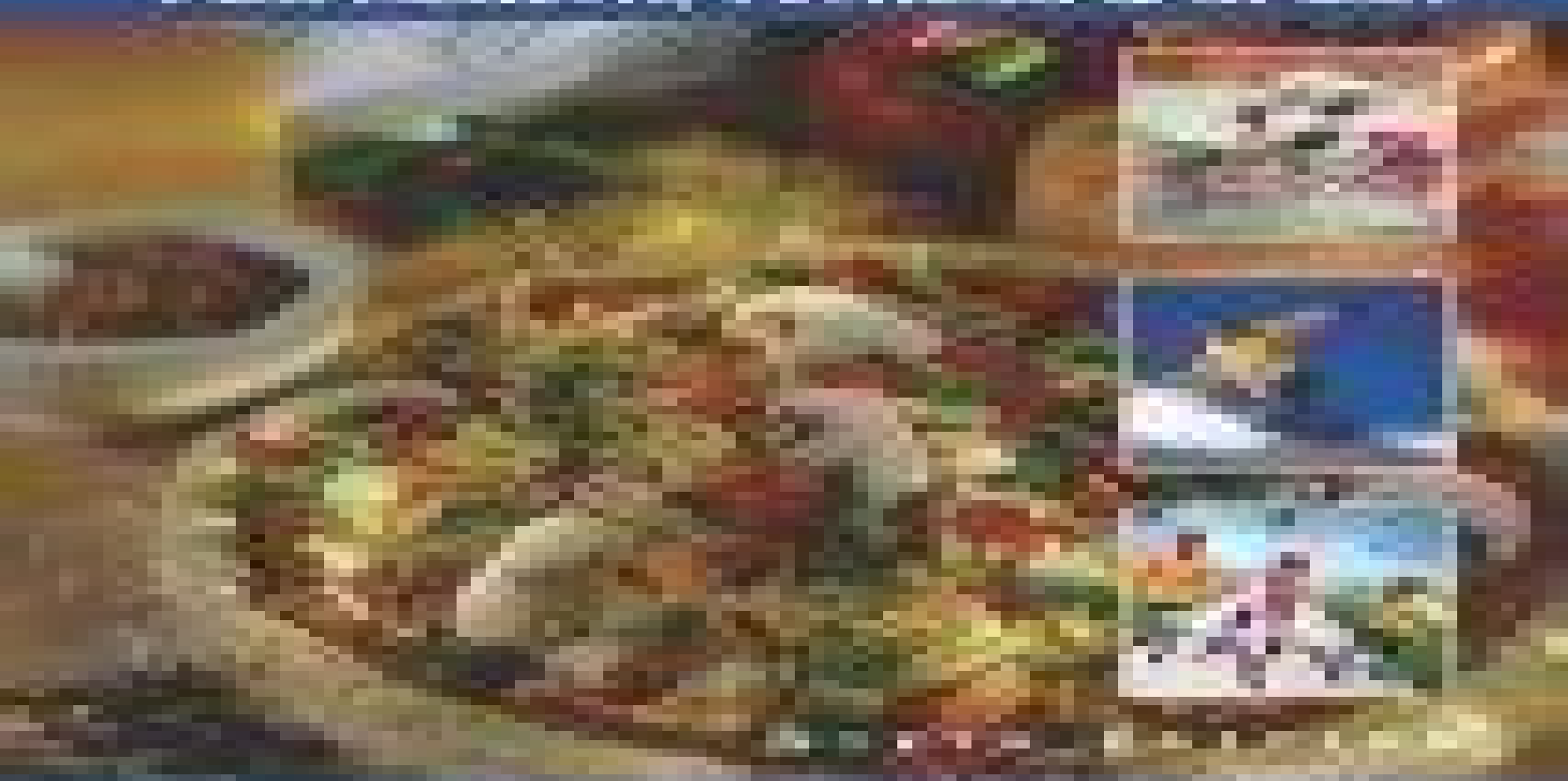


# NUTRITION

SPICES: FROM AUNTIE'S KITCHEN TO THE SUPERMARKET



Spices: From Auntie's Kitchen to the Supermarket

# **Nutrition For Health Fitness And Sport With Powerweb**

**David J. Anspaugh, Michael H.  
Hamrick, Frank D. Rosato**



## **Nutrition For Health Fitness And Sport With Powerweb:**

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According to the World Health Organization better health is the key to human happiness and well being Many factors influence one's health status including some shared by various government and health agencies such as safe living environments and access to proper health care However in general one's personal health over the course of a lifetime is dependent more upon personal lifestyle choices two of the most important being proper exercise and healthy eating In the twenty first century our love affair with fitness and sports continues to grow Worldwide although rates of physical inactivity are still prevalent in developed nations there are millions of children and adults who are active in physical activities such as bicycling running swimming walking and weight training Improvements in

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**Training & Conditioning**, 2003

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