



Importance of Physical Activity and Nutrition- Prevention of Bone Density loss/Osteoporosis in Women post pregnancy

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GRIN Verlag GmbH Jan 2015, 2015. Taschenbuch. Book Condition: Neu. 210x148x1 mm. This item is printed on demand - Print on Demand Neuware - Essay from the year 2014 in the subject Biology - Diseases, Health, Nutrition, grade: B+, , course: post graduate diploma in public health, language: English, abstract: Post pregnancy bone density loss or osteoporosis is silently making its presence felt, causing serious consequences. This essay helps to create an awareness for importance of physical activity and nutrition post pregnancy to tackle bone density loss and osteoporosis. 12 pp. Englisch.



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