

# The Role of Lifestyle Behaviors in Preventing and Managing Lifestyle-Related Diseases

Other than activity and exercise, lifestyle practices such as healthy nutrition and not smoking, well established for preventing and managing lifestyle-related some diseases (i.e., heart disease, cancer, hypertension, stroke, obstructive lung disease, diabetes, and obesity) , are less emphasized in the traditional medical treatment guidelines for addressing chronic disease such as CVD. & Obesity This review examines the relationships between health & lifestyle behaviors, with special reference to the physical activity, and their clinical & research implications. .