Review Article Open Acces

The Connection Between Self-Viability and Body Weight: Strategies for Improvement

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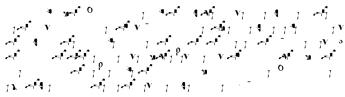
shaping individual's behavior and overall wellbeing. It pertains to one's belief in their ability to accomplish tasks, achieve

viability on these two critical aspects of human health.

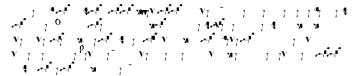


Introduction

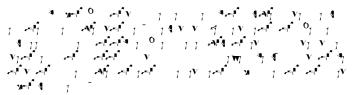
Self-viability and wellbeing conduct



Resilience to stress

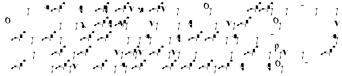


Improved self-care

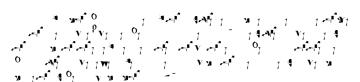


Self-viability and body weight

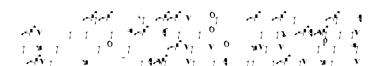
Weight management



Avoidance of fat diets



Reduced emotional eating

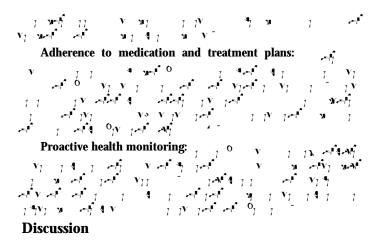


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Self-viability and body weight

