**Additional Resources**

**Chapter 1**

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https://apps.who.int/iris/bitstream/handle/10665/206364/B3457.pdf?sequence=1

http://apps.who.int/iris/bitstream/handle/10665/43432/9241563176\_eng.pdf;jsessionid=856CC25449D612AB720F50C6CA841D5A?sequence=1 http://apps.who.int/iris/bitstream/handle/10665/43432/9241563176\_eng.pdf?sequence=1

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[www.statista.com](http://www.statista.com)

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<https://www.ncbi.nlm.nih.gov/books/NBK179225/>

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**Chapter 5**

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<https://hcs.pitt.edu/ojs/index.php/hcs>

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**Chapter 6**

<https://www.who.int/health-topics/nutrition>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0244395>

<https://familydoctor.org/nutrition-tips-for-improving-your-health/>

<https://www.eatingdisorderhope.com/treatment-for-eating-disorders/international/india>

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<https://www.medicinenet.com/script/main/art.asp?articlekey=10074>

<https://www.eufic.org/en/healthy-living/article/physical-activity-and-health>

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-wellbeing>

<https://pmj.bmj.com/content/90/1059/26>

<https://www.healthhub.sg/live-healthy/397/Physical%20Activity%20Benefits>

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4381236/>

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5549139/>

<https://positivepsychology.com/emotional-resilience/>

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<https://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body>

<https://www.academia.edu/30299598/Positive_Thinking_in_Coping_with_Stress_and_Health_outcomes_Literature_Review>

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