

## The Role of Lifestyle Behavior Change in Managing CVD & Obesity

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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. .

### Biography

Amani Kamal is splashiest in nutrition science and policy with the combination of public health from Tufts University- Boston USA after her study of nutrition science in King Faisal University. She joined college of Nature Sciences and Public Health at Zayed University in 2014 until 1-2020, and she is a member of UAE health authority Nutrition task force where she directed her role to nutrition policy and CVD preventions'. This led to the development of important regulations and guidelines in weary nutrition program and school nutrition in 2011 until 2019. She was leading nutrition department and community nutrition education projects from 2003. And she had an affiliation with the emirate strategic research centre. Now she works as freelancer in education and research, and in 2020 she created with some talented volunteers, students and fresh graduates an education accounts in social media called @mansa.waay