

# VITALLY IMPORTANT!



## Contents

Foreword  
Lifestyle is more important than we thought  
Made for movement  
Stress and sleep deprivation  
Food for health and joy  
The impact of hereditary factors  
It's possible to change old habits  
The healthy meeting  
Quick nutrition course  
Welcome to my kitchen  
Recipe index  
Deep thanks

## Livsviktigt!

Mai-Lis Hellénus

200x250, 192p

*Lifestyle professor Mai-Lis Hellénus' best tips for a long and healthy life.*

More and more people are becoming aware of the vital role food and lifestyle plays in health. At the same time it is hard to be sure what is truly important, and to distinguish between facts and opinions. Lifestyle has become big business. The advice is plentiful, often contradictory and misleading. To help put an end to this Mai-Lis Hellénus, chief physician and a professor of lifestyle issues at Karolinska Institutet, has written a book that assembles all the current research on the impact of activities, food, stress and lifestyle on our health.

The book consists of sections that focus on different aspects of a healthy lifestyle. The lethal sedentary lifestyle and the importance of everyday activities and exercise is dealt with, as is meals and food. The stressful aspects of our lives and sleep deprivation are also covered. Everything is connected. The reader also gets tips and inspiration on how he or she can find new healthy alternatives in life and most importantly how to maintain these new routines.

*Vitaly important!* also contains 30 recipes, all specially selected to promote a healthy lifestyle.



## About the author

**Mai-Lis Hellénus** is a professor at Karolinska Institutet and chief physician at the Lifestyle clinic of the coronary care unit, Karolinska University Hospital. Besides her work with patients and research she sees it as her life's task to help people change their lifestyle. To exercise and eat well. For over 35 years the common thread in her work has been lifestyle issues and she was one of the first in the world, already in 1987, to administer physical exercise on prescription. Mai-Lis lectures constantly, both in Sweden and internationally and she has contributed to several books.

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