

HealthQuest 4.2 : an interactive exploration of your health ​ well-being.

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20429000&lokasi=lokal>

Abstrak

This interactive multimedia tool lets you explore the health and wellness concepts. Covers nine content-oriented modules (Stress management and mental health; Fitness; Nutrition and weight control; Communicable diseases; cardiovascular health; Cancer; Tobacco; Alcohol; Other drugs). Each module contains introductory information, glossary definitions, a variety of interactive activities and information including pictures, sound, and movies.

Notes