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1RPHQFODWXUH & KDQJHV

L 7HUP IUHVKPDQ WR ILUVW \H DU

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0LGGOH 6WDWHV \$ F L W D W L R Q 8 S G D W H

, Q I R U P D W L R Q D O , W H P

' H F R P S U H V V I R V F R Q X I O F W Y U L C M D F I K - ± 3 0

Y L D V V Z R U G A discussion of strategies and techniques to promote healthy