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- plants leaves, skins, roots, seeds
- processing removes almost all natural fiber
- decrease risk of cardio, disease and cancer
- under 50- women 25g, men 38g per day
- whole grains, fruit, vegetable, beans
- soluble, dissolves in water- binds and excretes fats- lowers cholesterol and sugar
- insoluble- can't digest- binds water- helps excrete waste.

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* Wellness has been recognized as the

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positive component of optimal health as evidenced by a sense of well-being reflected in optimal functioning, a good quality of life, meaningful work, and a

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Concepts of Fitness and Wellness Scott
Flynn, Jonathan Howard, Lisa Jellum,
Althea Moser Table of Contents 1.

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