



## Science for our Health: there's more to it than meets the eye

We're here to help you understand the science of health and how it can improve your life. Our experts are working on the latest research to help you live longer, healthier lives. We're also working on ways to help you live better, with more energy and less stress. We're here to help you understand the science of health and how it can improve your life.

Let's take a look at some of the latest research in health and wellness. We'll explore the science of sleep, stress, and mental health. We'll also look at how diet and exercise can help you live longer, healthier lives. We'll explore the science of health and how it can improve your life.

1. The science of sleep, stress, and mental health. Read more about the science of sleep, stress, and mental health. <http://web.uvic.ca/psyc/people/faculty/macdonald.php> for more information. <http://cahr.uvic.ca/> for more information.
2. Nutrition and health. Read more about the science of nutrition and how it can help you live longer, healthier lives. <http://cahr.uvic.ca/> for more information.
3. See our website for more information about the science of health and how it can improve your life. <http://cahr.uvic.ca/>





R b a d c e

Ne a de (a e f )

H b ca a de ee ed eca e e ea ea ed be

**Answer:** B ed ca e ee ea ca fe ee c e a d de c ce b e e ea  
be .

T e a d ea e f a a .

T b e c e a c d.

T a d/ e da a ed e ece a e e

**Answer:**

A ec      a e    e a    e ' a    f fe.

A    ede ce ca    eb    e a dc    e ec    e .

B    f eab e

**Answer:** B    f eab e. A a    ede ce a ec    (    e c    e ) a ca e    e a    e ' a    f fe.

Y    eed    eec    c a d    a    a ede ce .

Y    eed    f    de a d e    '    ec c eed bef ede    a a    ede ce.

Y    eed    c    c ac e .

**Answer:** Acc d    Ca A , bef ede    a a    ede ce e    a    a a    e '    ec c eed a e.

I d

O d

B d a d d

**Answer:** Teeae  ce b de ea e a d .A f e e bec de ed e d e  
ea  be ee   e' ea a d e e e .

I c a a  fCa ada.

I eac e  e  eab e d.

T e c e a e a e a a f d e e a b a c e .

T d e e a c a d f a a a b a e a e d a b e e .

T a e a a d a d c a e f a f e d a e a b a c e .

A f e a b e .

**Answer:** T e C e e f A b a H e a R e e a c a f e e , a d a e a e a e e c a b a c e .

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A B W B e e e a a e a a f d a b a L , a e f , f a c