

## Webinar on Lifestyle Disease

Lifestyle diseases share risk factors similar to prolonged exposure to three modifiable lifestyle behaviours -- smoking, unhealthy diet, and physical inactivity -- and result in the development of chronic diseases, specifically heart disease, stroke, diabetes, obesity, metabolic syndrome, chronic obstructive pulmonary disease, and some types of cancer. Webinar on Lifestyle Disease has been successfully hosted on October 09, 2020.

Scientific sessions included Lifestyle Diseases, Diet and Lifestyle, Going Vegan-Being Healthy, Modern Lifestyle & Obesity, Healthcare & Management, Yoga- The Way Forward, Child Care in Modern Era,

Ancient Medicine and Modern Life, Heart Problems in Modern Life, Are you Breathing Fresh?

Presenters at Lifestyle Disease webinar:

ROMA SARNAIK from Leeds Beckett University, India

NITIKUL SOLOMON from Baylor College Of Medicine, USA

DAVID BATMAN from Virgin Pulse, UK

GRAHAM EWING from Mimex Montague Healthcare Limited, UK

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