

Daily healthy lifestyle that protects Children, teenagers, adults from Communicable and non-communicable Diseases

Dr. Basima Abbas Hajj

Research consultant in Virology and
Nutrition, Canada

Abstract

STATEMENT OF THE PROBLEM: How to live a daily healthy lifestyle that protects from communicable and non-communicable diseases?

To know the answer: Visit Triple M (3M) project published free at the web, google play & app store and collect your gift and enjoy practicing how to live a daily healthy lifestyle in harmony with nature, pleasing your immune system, satisfying your nutrition requirements beginning from sunrise to good night with enough sleep blessed by the moon light. TRIPLE M (3M) is a smart health and nutrition awareness project. It is an abbreviation for Mood, Meals and Movement. It aims to inform and train individuals at various ages the competency of planning Mood, Meals and Movement as Healthy Lifestyle. TRIPLE M (3M) project is patent. It was launched as "Advocacy" through The World Health Organization WHO – EMRO during a regional workshop for 22 countries from East Mediterranean region. It provides ten tools called "TRIPLE M (3M) planning interactive boards" designed to show the daily nutrition requirements of individuals from 9 years old to more than 51 years according to the international standards based on age, gender and physical activity.

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Biography

Dr. Basima Abbas Hajj edited TRIPLE M(3M) Project according to her academic specialization and professional experiences after spending (44) years working in scientific research, training and university teaching in the field of viruses, biological sciences and nutrition in: Canada, UK, USA, Switzerland, France, Saudi Arabia, Kuwait, Bahrain and Lebanon in cooperation with government programs and international organizations such as the World Bank, the World Health Organization for the Eastern

Mediterranean, UNESCO, UNDP , the International Council for Iodine (ICCIDD). <http://www.drbasimatriplem.com> She is Canadian Citizen originally Lebanese. Awards: Lebanon's Award for Innovation/Best research on children nutrition among Arab countries. YouTube channel: (Dr. Basima Abbas Hajj Healthy Lifestyle Channel for children, teenagers and adults) in English and Arabic.