

Daily healthy lifestyle that protects children, teenagers, adults from communicable and non-communicable diseases

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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. Thus, for the first time in history, "ABC of Nutrition Science" was converted into "ART", where the daily nutrition requirements of the individuals were painted in a board with colored cups and spoons. The website will be constantly updated with food from a database called TRIPLE M (3M) DATABASE that contains more than 1500 types of healthy balanced food prepared according to the planning board.

Recommendations: living a daily healthy lifestyle is an international need. It protects ourselves, families, friends and accordingly the globe from communicable and non-communicable diseases. I advise & encourage children, teenagers & adults to: (1) use TRIPLE M (3M) planning Board to prepare their balanced healthy meal so as to please your five senses as well as to satisfy your immune system in order to protect yourself from diseases.(2) Control their mood & have enough sleeping hours. (3) Swim in the air to charge their body daily as they do for their mobile. It's worth translating Triple M (3M) planning boards to various languages. International campaign for healthy lifestyle is necessary