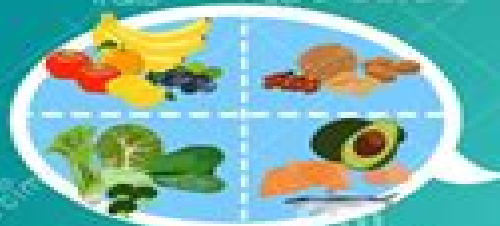


Guide To Healthy Lifestyle

for a better life

EAT A HEALTHY DIET

fruits nuts and beans



HYDRATE



drink water

GET PLENTY OF REST



sleep for 8 hours

AVOID UNHEALTHY HABITS



quit smoking

avoid alcohol

WORKOUT



get more exercise

GOOD HYGIENE



wash, brush and hair

CONTROL STRESS

entertainment meditation



socialize

CHECK UPS

body weight



blood pressure



Guide To A Healthy Lifestyle

Ian Pickup



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