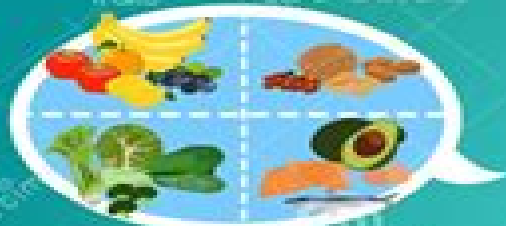


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for a better life

EAT A HEALTHY DIET

fruits nuts and beans



vegetables healthy fat

AVOID UNHEALTHY HABITS



quit smoking avoid alcohol

WORKOUT



get more exercise

GOOD HYGIENE



wash, brush and hair

HYDRATE



drink water

GET PLENTY OF REST



sleep for 8 hours

CONTROL STRESS

entertainment meditation



socialize

CHECK UPS

body weight



blood pressure



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