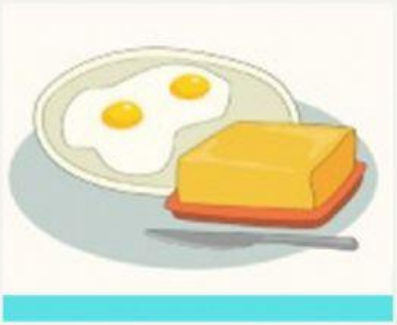
RECOMMENDATIONS

Unhealthy lifestyle







Healthy lifestyle





