will not work on bacteria

only works on bacteria but not on virus

is as important as having a healthy diet.

Having 8 or 9 hours helps you to keep physically and mentally healthy.

and may have similar symptoms as runny nose, , headache or .

must be SMART, which means they should be specific, measurable, achievable, realistic and time-bounded.

Spending too much time on tv may keep you away from socializing or .

an help you reduce muscle and pain.