



HEALTHY LIVING

CHOOSE



(FOR HEALTHY HABITS)

OR



(FOR UNHEALTHY HABITS)

EAT A BALANCED DIET



SMOKE



DRINK MORE WATER (AT LEAST 2 LITERS)



BE ACTIVE (1 HOUR OF EXERCISE AT LEAST)



TAKE DRUGS AND ALCOHOL



SLEEP WELL (8 HOURS)



TAKE A GOOD BREAKFAST



EAT A LOT OF SUGARY FOODS



WATCH TV OR PLAY VIDEOGAMES (MORE THAN 1 HOUR PER DAY)

