

Healthy ways are...



Harmful ways are ...



taking enough exercises



smoking cigarettes



spending some time outdoors

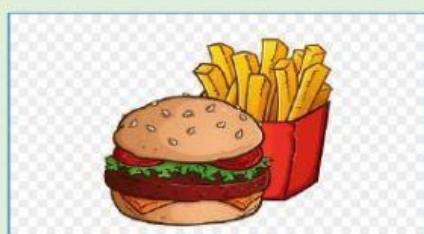
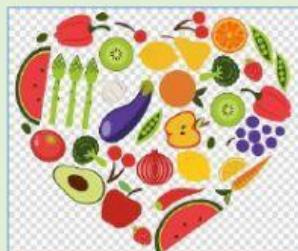
saying NO drug-taking



not eating too much not
to become obese



eating a lot of vegetables and fruit



seeing your doctor when you have health problems

