

Eat fruits and vegetables
Drink enough water
Have excessive screen time
Overuse painkillers and sedatives
Get regular exercise
Eat late in the evening

Have a balance diet
Get enough good sleep
Avoid tobacco and drugs
Eat fast food
Eat too much sodium
Stay up late

HEALTHY LIFESTYLE	UNHEALTHY LIFESTYLE
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>