

LET'S BE HEALTHY!



Tips to keep a healthy lifestyle...

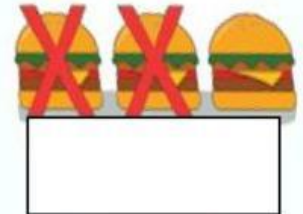
1. You had better eat fruits and
vegetables once a day.



2. You had better do exercises
three times a week.



3. You had better not eat
junk food every day.



PICTURE

PICTURE

PICTURE

TITLE

TITLE

RELIABLE
INFORMATION

RELIABLE
INFORMATION

RELIABLE
INFORMATION

TITLE