HEALTHY HABITS

exercise regularly

eat more vegetables

drink a lot of water

quit smoking

avoid junk/fast food
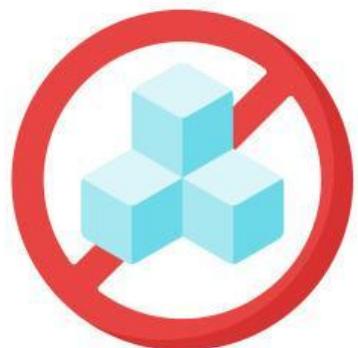
eat less sugar

get enough sleep

reduce screen time

take vitamins

walk everyday

practise mindfulness

use sunscreen

UNHEALTHY HABITS

eat too much fast/junk food

drink too much soda
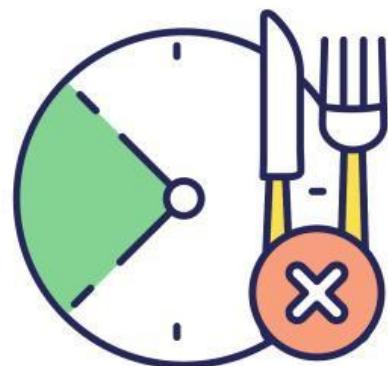
skip meals

stay up late

drink too much

smoke

overeat

have a sedentary lifestyle