

# Guide To Healthy Lifestyle

for a better life

## EAT A HEALTHY DIET

fruits      nuts and beans



vegetables      fish

## AVOID UNHEALTHY HABITS



quit smoking      avoid alcohol

## WORKOUT



get more exercise

## GOOD HYGIENE



skin, teeth and hair

## HYDRATE



drink water

## GET PLENTY OF REST



sleep for 8 hours

## CONTROL STRESS

entertainment      meditation



socialize

## CHECK UPS

body weight



blood pressure



# Guide To Healthy Life Style

**S Ashworth**



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