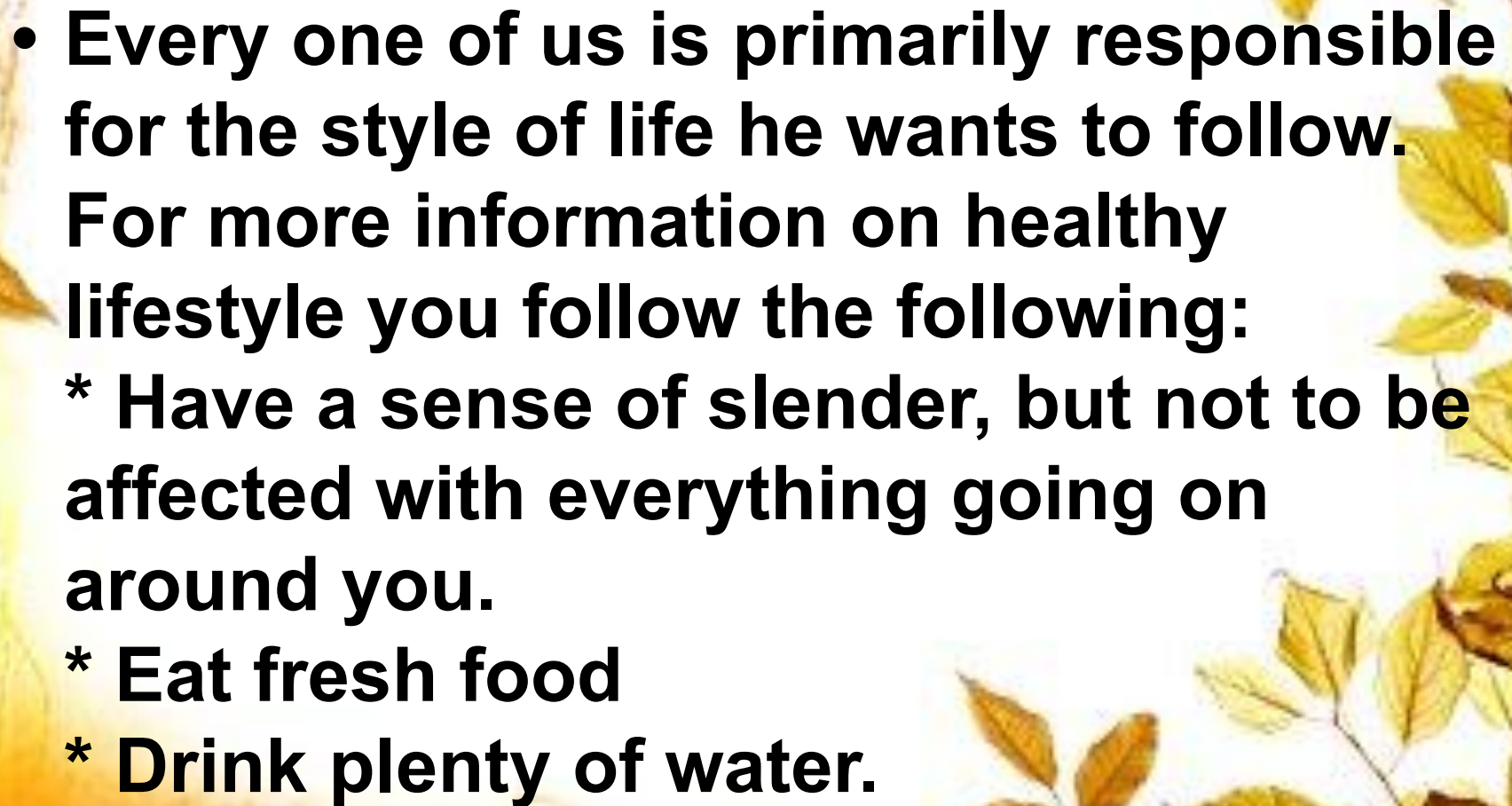


Healthy life style

How and what to do?



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- A decorative border of autumn leaves in shades of yellow, orange, and brown frames the text. The leaves are scattered around the edges of a white central area.
- **Every one of us is primarily responsible for the style of life he wants to follow. For more information on healthy lifestyle you follow the following:**
 - * **Have a sense of slender, but not to be affected with everything going on around you.**
 - * **Eat fresh food**
 - * **Drink plenty of water.**

- *** Learn how to laugh.**
- *** Stop watching TV programs, especially the serious news if you are in a bad psychological state.**



- * **Follow a balanced healthy diet.**



- *** Exercise regularly.**
- *** Be patient, do not you just get the frustration with the slow results.**
-



- *** Spend most of the time with those you love.**
- *** Get adequate sleep to give your body time to relax.**

