

Guide To Healthy Lifestyle

for a better life

EAT A HEALTHY DIET

fruits nuts and beans



vegetables fish and oil

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



The Guide To Healthy Living

F Rizvi



The Guide To Healthy Living:

The Guide To Healthy Living Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **The Guide To Healthy Living**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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