

EXERCISE

PERSONAL & ENVIRONMENTAL HYGIENE

- Engage in physical activities like swimming, biking, hiking or household chores rather than in sedentary activities such as television watching or playing computer games.
- Do not smoke.
- Avoid alcoholic beverages.

EATING PLAN FOR HEALTHY LIVING

Eat a variety of foods everyday to ensure that all nutrients are provided in proper amount and balance.

Use iodized salt and eat other fortified foods to increase the intake of micronutrients.



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Nutritional Guide

JG Myers



Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Nutritional Guide**. In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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