

UNDERSTANDING HEALTH AND SICKNESS

HEALTH OVERVIEW

Health is a balanced state of body and mind supported by good habits, regular check-ups, and a strong immune system.



WHAT CAUSES SICKNESS

Staying Healthy

- Eat balanced meals
- Exercise regularly
- Get enough sleep
- Stay hydrated
- Practice good hygiene

Sickness And Health

Marco Cascella



Sickness And Health:

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