

# HEALTH IS THE BEST WEALTH

DOs AND DON'Ts  
FROM  
CATS' LIFE

A tabby cat wearing black-rimmed glasses is the central focus. The cat is standing on a blue globe. In the background, there is a pink wall, a yellow-framed chalkboard, and a yellow stool. The text is overlaid in a bright pink, bold, serif font.

**WHAT IS BETTER: TO ENJOY  
LIFE BUT SUFFER DIFFERENT  
DISEASES**

**OR LIVE A FULL LIFE BUT  
RESTRICT YOUR DESIRES?**

**IT'S FOR YOU TO DECIDE**

# DEADLY HEALTH HABITS



## SMOKING



OBESITY,  
OVEREATING



# FIZZY DRINKS



# DRINKING ALCOHOL



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Ваша киска сдохнет от Whiskas.  
Дохлый кот - мало забот.

# EATING FAST FOOD



SLEEPING TOO MUCH  
OR ...





TOO LITTLE

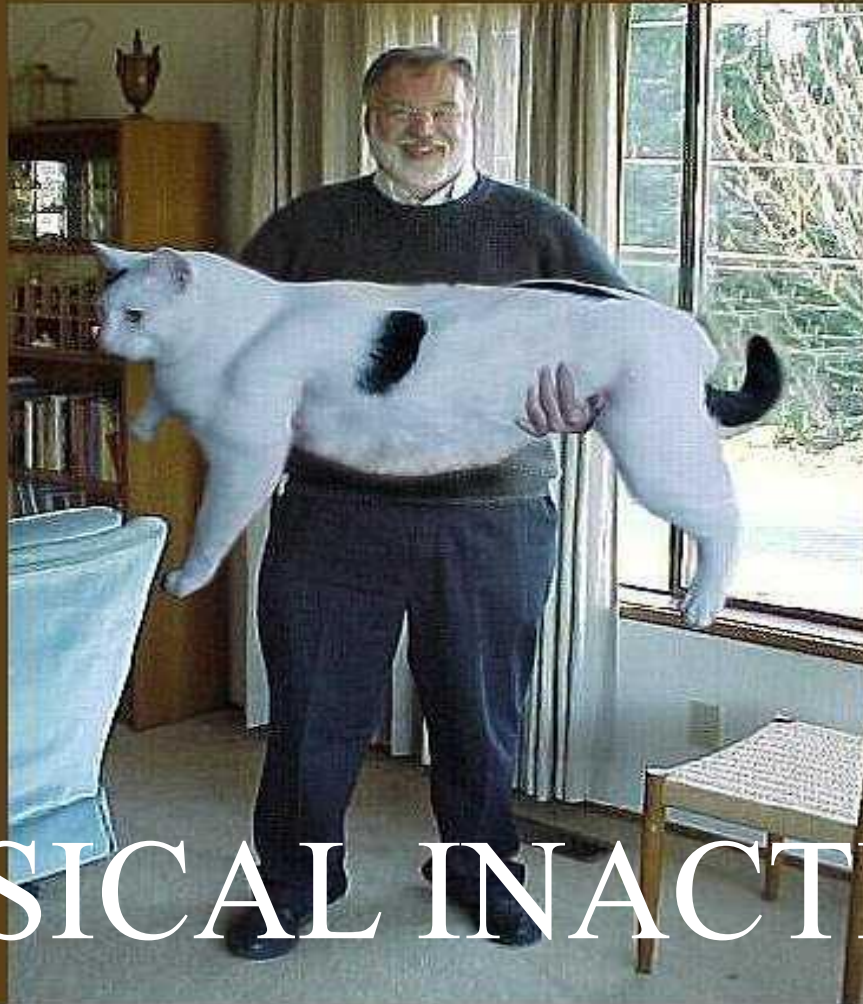


WORKING TOO MUCH  
ON THE COMPUTER



HAVING SNACKS  
BETWEEN MEALS

PUSSY GALORE



PHYSICAL INACTIVITY

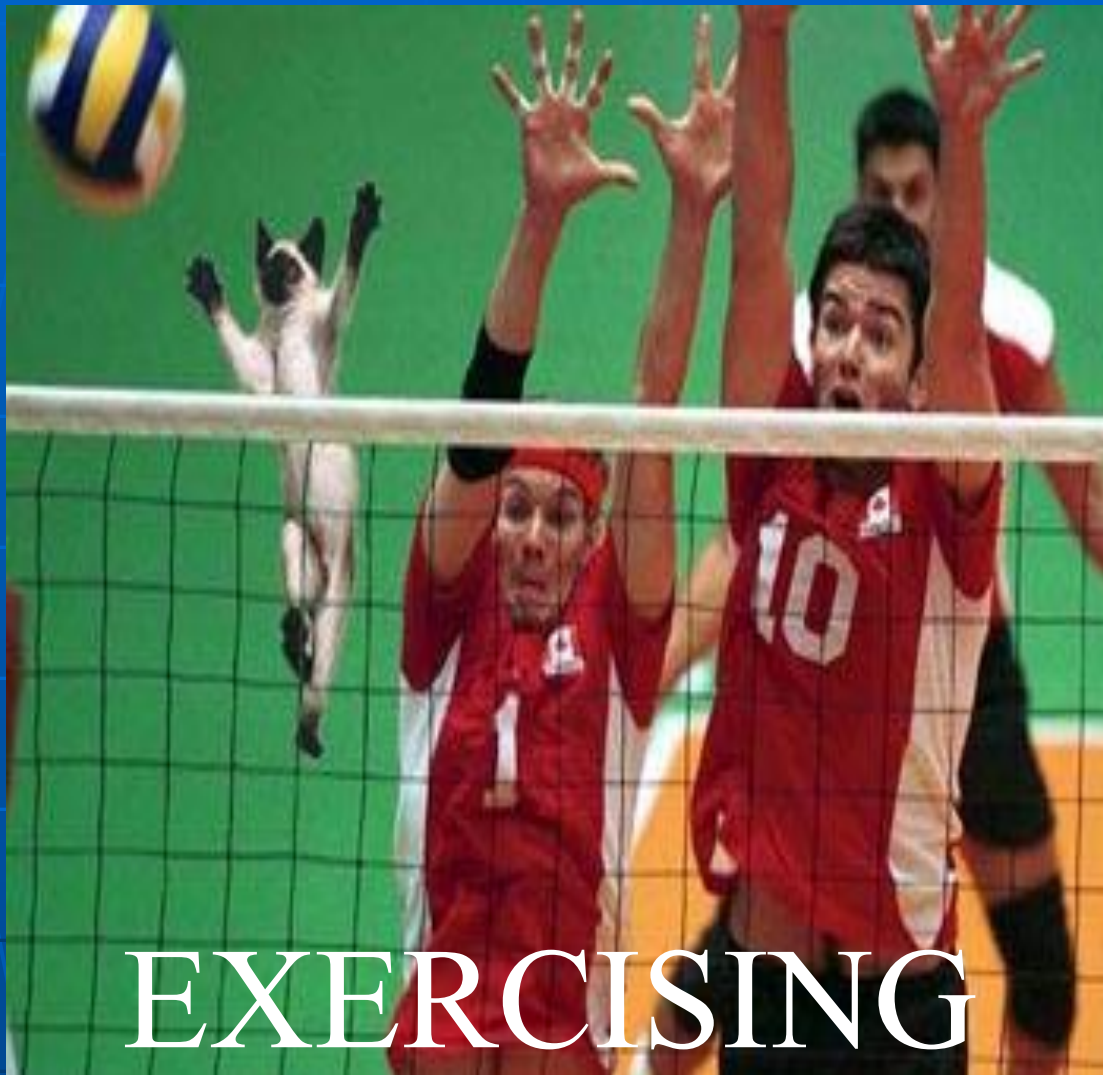
# WAYS TO HEALTH



# SWIMMING



A LOT OF FRESH AIR

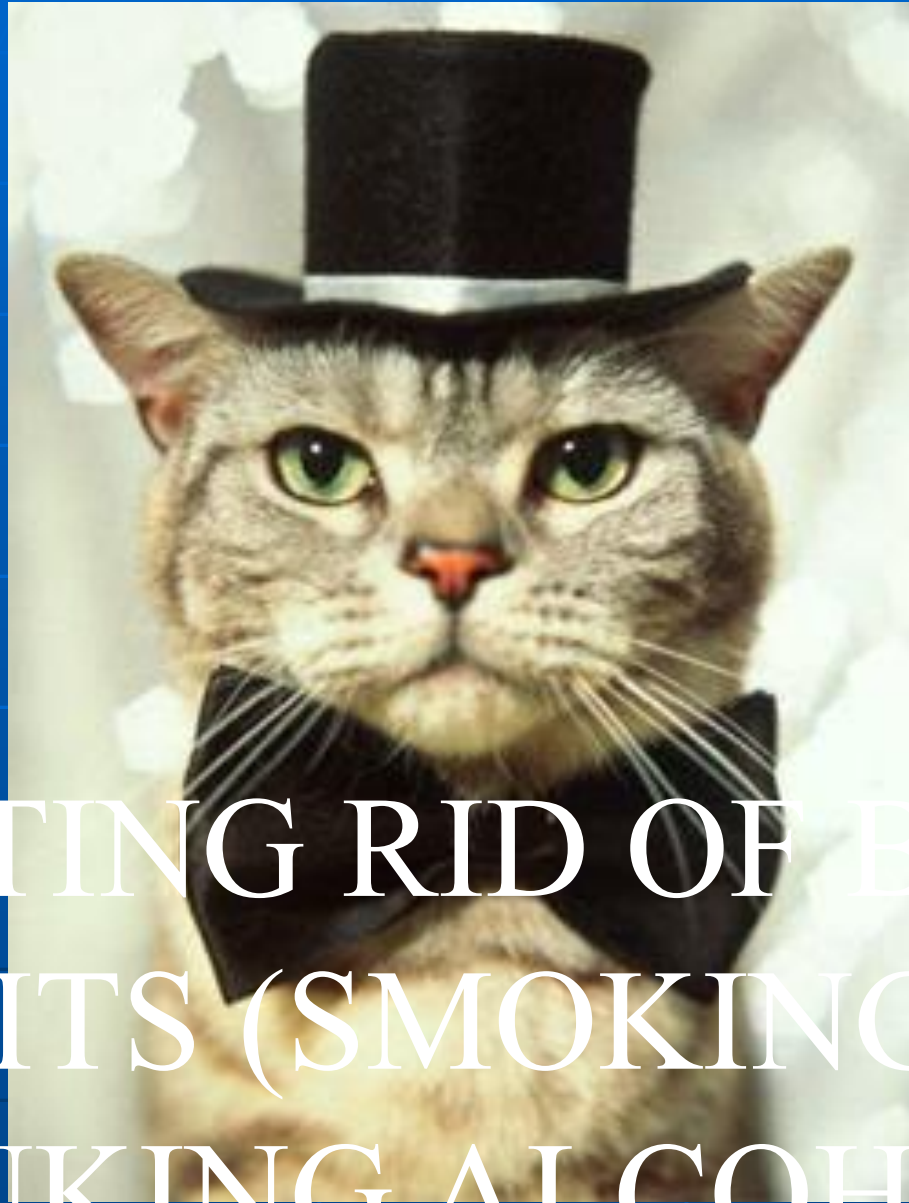


EXERCISING



EATING HEALTHY  
FOOD





- GETTING RID OF BAD HABITS (SMOKING, DRINKING ALCOHOL)

# HAPPY END



USE THESE PIECES OF ADVICE  
AND YOU WILL BE AS  
STRONG AS THIS TIGER