

HOW DOES OUR LIFE DEPEND ON OUR HABITS?



Good Habits





Exercising



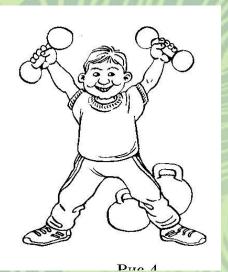
MOTHER OF 14 AGE TEEN

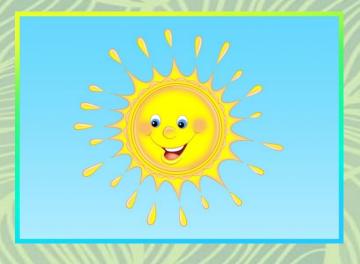




NAME HEALTHY







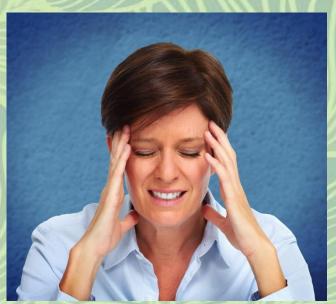
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BAD HABITS

RESULTS







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WHAT DO YOU CHOOSE?

Eat healthy food











