

Healthy lifestyle!

Health is not simply the absence of sickness.

Hannah Green

You want to change the health?

- Begin with itself



**NO
SMOKING**



NO SMOKING

**NO
ALCOHOL**



Eat properly

Forget about junk food



You eat only healthy food



Go in for sports

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos

depositphotos



SMILE!



Make the choice

