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the foundation of a healthy lifestyle consists of lasting habits like eating right watching your weight exercising regularly managing your mental health and getting routine medical exams but even daily small steps toward these goals also can have a significant impact here are some practices that can help support your ongoing health

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2002년 1월 7일 a healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early not all diseases are preventable but a large proportion of deaths particularly those from coronary heart disease and lung cancer can be

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□□□ 2021□3□5□ more and more people are adjusting their habits and consumer choices as they increasingly take responsibility for their own health and well being watch our latest video on the healthy living trend here

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