

# Healthy Living

## Tips for Healthy Living

Presented by - Deborah Ferrari



[ Deborah Ferrari ]

# Live a Healthy Lifestyle

Living a healthy lifestyle is very possible, though to some people it may seem a daunting prospect initially. Sometimes people can get busy trying to balance many aspects.



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# Eat The Proper Food

Try to avoid any unnecessary distractions when eating, like watching TV or chatting and concentrate on enjoying your food



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# Not Sacrificing Sleep

There are some people who are used to sacrifice their sleep especially if there aren't enough hours to do everything that need to be done on time.



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# Need to Take Actions

Quit Smoking  
Be Active  
Learn about you





**Healthy  
Living**  
...it's good for life!

[ Deborah Ferrari ]