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- 1 EAT A DIET LOW IN SATURATED FAT, SALT & CHOLESTEROL
 - 2 AIM FOR 30 MINUTES OF ACTIVITY PER DAY
 - 3 EAT 5-9 SERVINGS OF FRUITS/VEGGIES EVERY DAY
 - 4 SEE YOUR DOCTOR FOR ROUTINE CHECK-UPS
 - 5 DON'T SMOKE OR QUIT SMOKING
 - 6 LIMIT ALCOHOL
 - 7 LIMIT STRESS
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MOTIVATION IS WHAT GETS YOU STARTED.
HABIT IS WHAT KEEPS YOU GOING.

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