

Family-health

Amous Qiu



13

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DIET AND EXERCISE

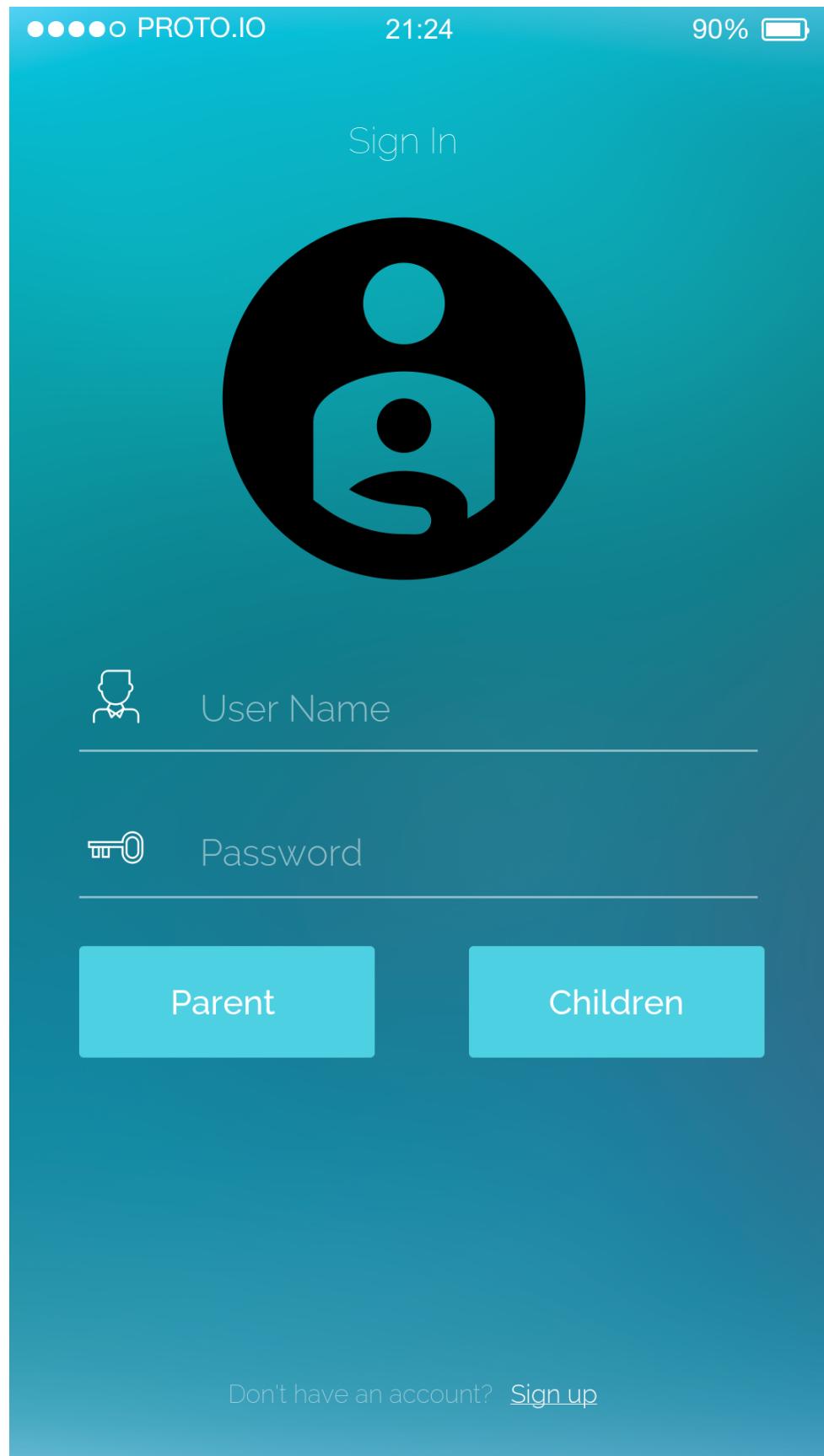
DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.



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Magen



(650)555-1234
Mobile



contact_name@sample.com
Personal



Dad



(650)555-1234
Mobile



contact_name@sample.com
Personal

ToDo-list

Graph

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DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

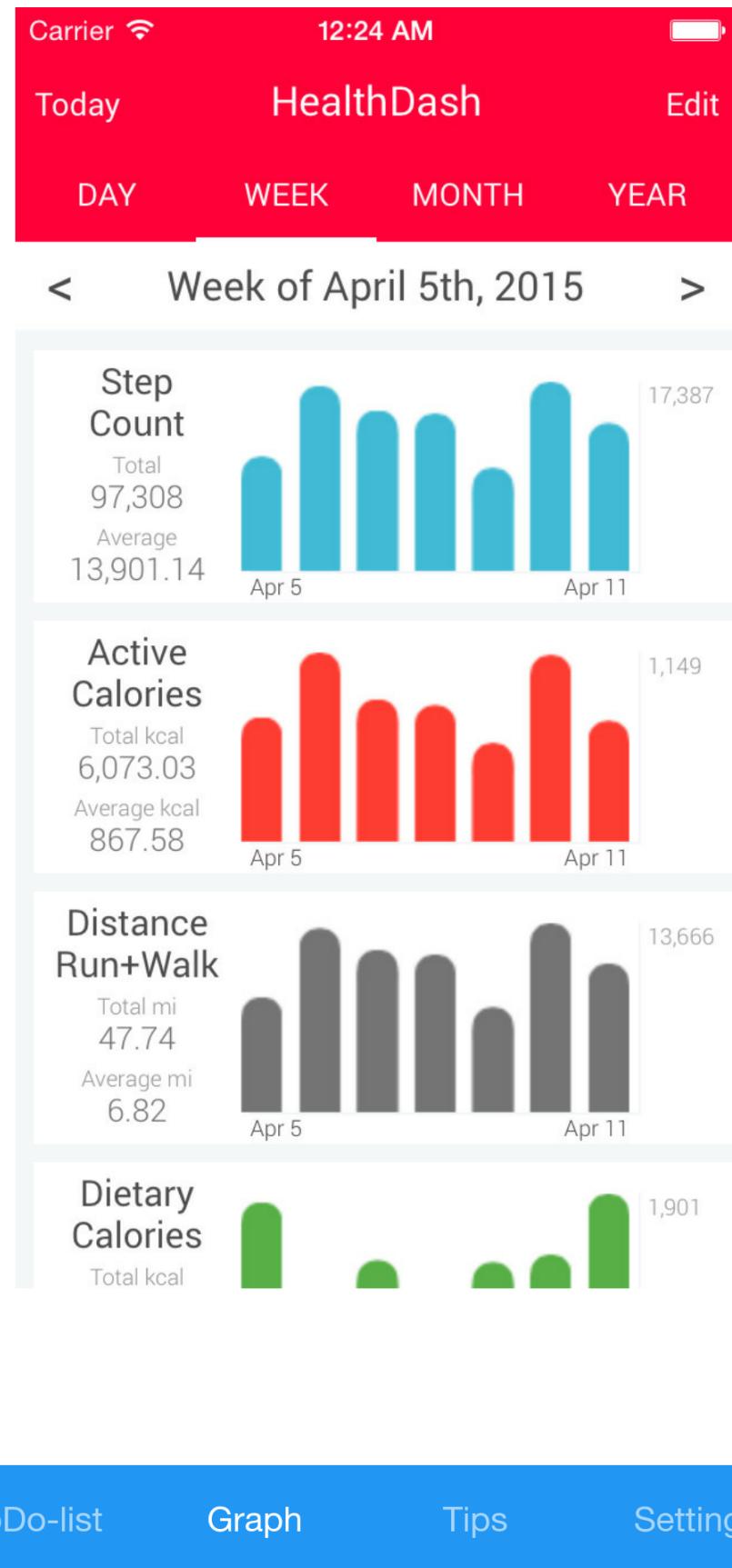
Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.

Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these 5 tips a priority every day:

Try to be physically active for at least **30 minutes** on most or all days of the week.

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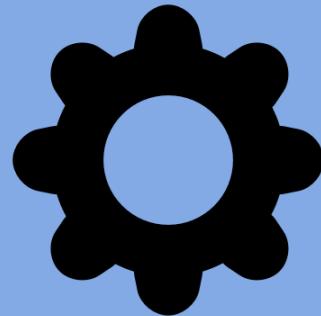
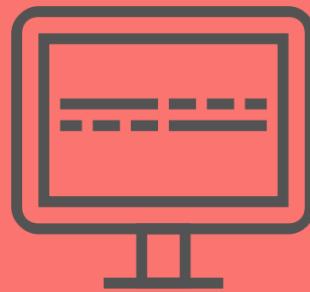
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HEALTH TIP: EAT MORE SLOWLY

People who take their time eating are less likely to become obese or develop metabolic syndrome (a group of conditions that increase the risk of heart disease, stroke, and diabetes), says the American Heart Association

ALLWELLNESSGUIDE.COM



血压 血压数值 ok

脉搏 脉搏数值 ok



测血压



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Dad

(650)555-1234
Mobile

身高 : 172cm

体重 : 72kg

生日 : 1940.05.01

家庭住址:xx小区

修改个人信息

家庭成员



女儿

