## 7 NATURAL WAYS TO STAY HEALTHY FOR LONG



GETUP EARLY IN THE MORNING

DO SOME EXERCISES OR YOGA





**AVOID JUNK FOOD** 

**EAT A HEALTHY BREAKFAST** 





GET ENOUGH SLEEP AND SLEEP ON TIME

**DON'T EAT LATE AT NIGHT** 





TRY SOME MORE AYURVEDA REMEDIES