

# FEEL

- 1.Loneliness
- 2.Unattractive
- 3.Insecure
- 4.Frustrated
- 5.Down

# THINK

- 1.Think about to maintain a healthy diet.
- 2.Manage stress.



# SAY

- 1.Don't smoke or use tobacco
- 2.Good quality sleep
3. 30-60 minutes of activity daily.

# DO

- 1.Join fitness community.
- 2.Drink water and avoid fastfood.
- 3.Count calories.

# PREVENT HEART DISEASE BY

- 1.Eat more vegetables and fruits.
- 2.Control your portion size.
- 3.Limit or reduce salt intake.