**Assignment 3**

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“Harmony of Self/’I’ with Body. What is the current practice toward health and its disadvantages?

Essay on understanding how to ensure health vs dealing with the disease.

Handle & Prepare Food Safely

Wash Hands Often

Clean & Disinfect Commonly Used Surfaces

Cough and Sneeze into a Tissue or Your Sleeve

Don’t Share Personal Items

Get Vaccinated

Avoid Touching Wild Animals

Stay Home When Sick

We knew that several bad habits affect our healthy lifestyle.

These habits can cause much harm not only to the body but too.

In addition, these habits are also the cause of many evils in society. The major healthy lifestyle destroying habits are smoking, drinking, junk food, addiction, meal skipping, and overuse of pills.

All these activities severely damage body parts and organs which cannot be replaced easily. Besides, they not only cause physical damage but mental damage too.