

Live Healthy

Your Guide to Healthy Living

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Slideshow of images with captions that represent issues discussed in the website

Health News

Study Shows that even 20 Minutes of Exercise Improves Cardiovascular Health

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Is Running Good or Bad for Your Joints' Health?

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Recipe of the Day: Vegetarian Meatloaf

Image of recipe dish

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Johnson



Valerie
Smith



Rachel
Koch

Healthy Living Poll

How many minutes a week do you exercise?

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