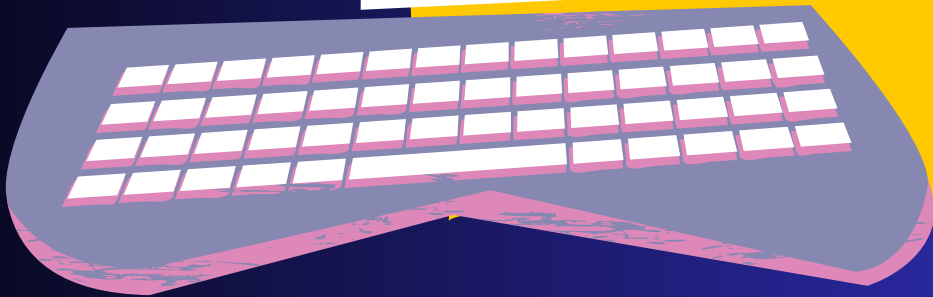
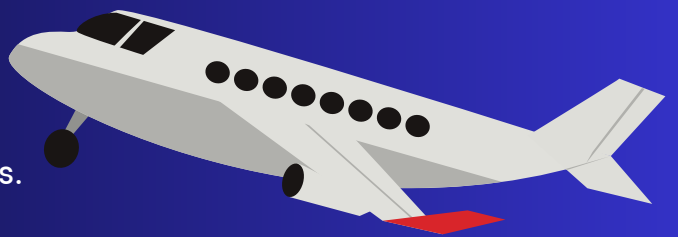


TRAVEL INFOGRAPHICS (SIMPLBYTE)



1 FLIGHTS

It's The Fastest Way To Travel Long Distances. Air travel is the fastest way to travel long distances. It's The Most Efficient Way To Travel Long Distances. Air travel is also the most efficient way to travel long distances



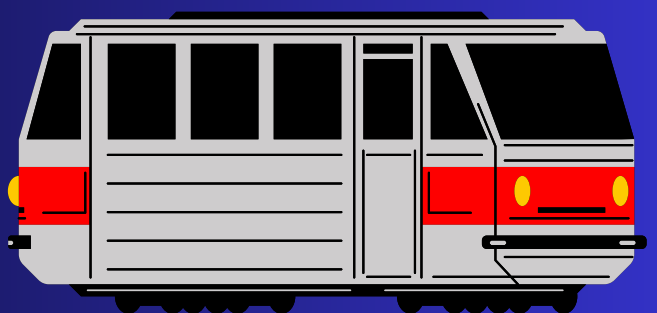
2 ROADWAYS

It is the most profitable. Road transport is the cheapest means of transport available. It is the fastest and most agile.



3 TRAINS

It's comfortable. You get to enjoy the scenery. Or do whatever you want. It's better for the planet. ... Fewer chances of delays.



4 WATERWAYS

Waterways are the cheapest means of transport and are most suitable to carry heavy and bulky goods. It is a fuel-efficient and environment-friendly mode of transport.



Improving your well-being is one of the fundamental benefits of travelling. Travelling helps to decrease the risks of heart attack and anxiety, while developing our brain health. There have been studies proving that travel can place a positive impact on our heart health.

By Yashveer

HEALTHY FOOD

BENEFITS OF EATING GREEN VEGETABLES

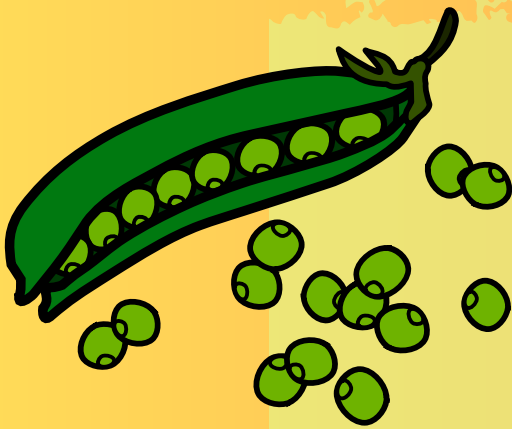
GREEN BELL PEPPER

Not only are green peppers high in iron, but they're also rich in Vitamin C, which can help your body absorb iron more efficiently.



PEAR

Pears pack a nutritional punch! Each medium pear contains 6g of fiber, 21% of the recommended daily value, and they contain vitamin C.



BROCCOLI

Broccoli is a nutrient-rich vegetable that may enhance your health in a variety of ways, such as by reducing inflammation, improving blood sugar control, boosting immunity and promoting heart health.



LETTUCE

Lettuce is an excellent source of beta carotene (vitamin A) which is needed for healthy skin, bones, and eyes.

