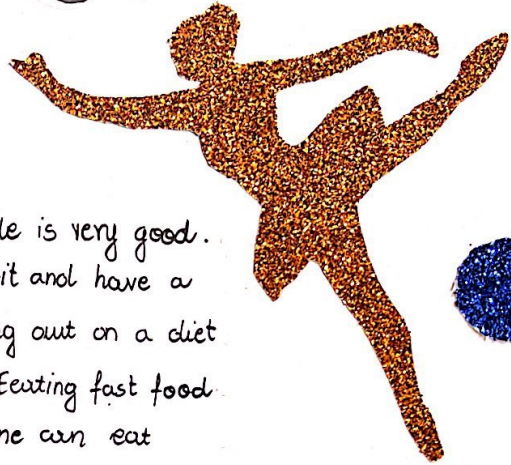
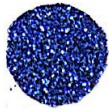


How To Be Fit



A healthy lifestyle is very good. You feel better, fit and have a cool figure. Eating out on a diet can be delicious. Eating fast food is not bad. Everyone can eat everything, but in moderation. Too much sweets and fast food can put on weight. By eating vegetables, apples and fish, we give our body a selection of vitamins. To improve your well-being, you can start exercising: run, swim, dance, play ball etc.

Sport is for everyone
Never give up!

