

GIFs | Beat NCDs: Be healthy, Be active 

regularly

[Exercise regularly](#)

t intake

health goes down

[Limit your fat intake](#)

of fats als healthy

[Steer clear of fats](#)

meal



[A healthAmbal](#)



[Beat NCDs: Be healthy, Be active](#)

salt

[Be healthy](#)

balanced meal

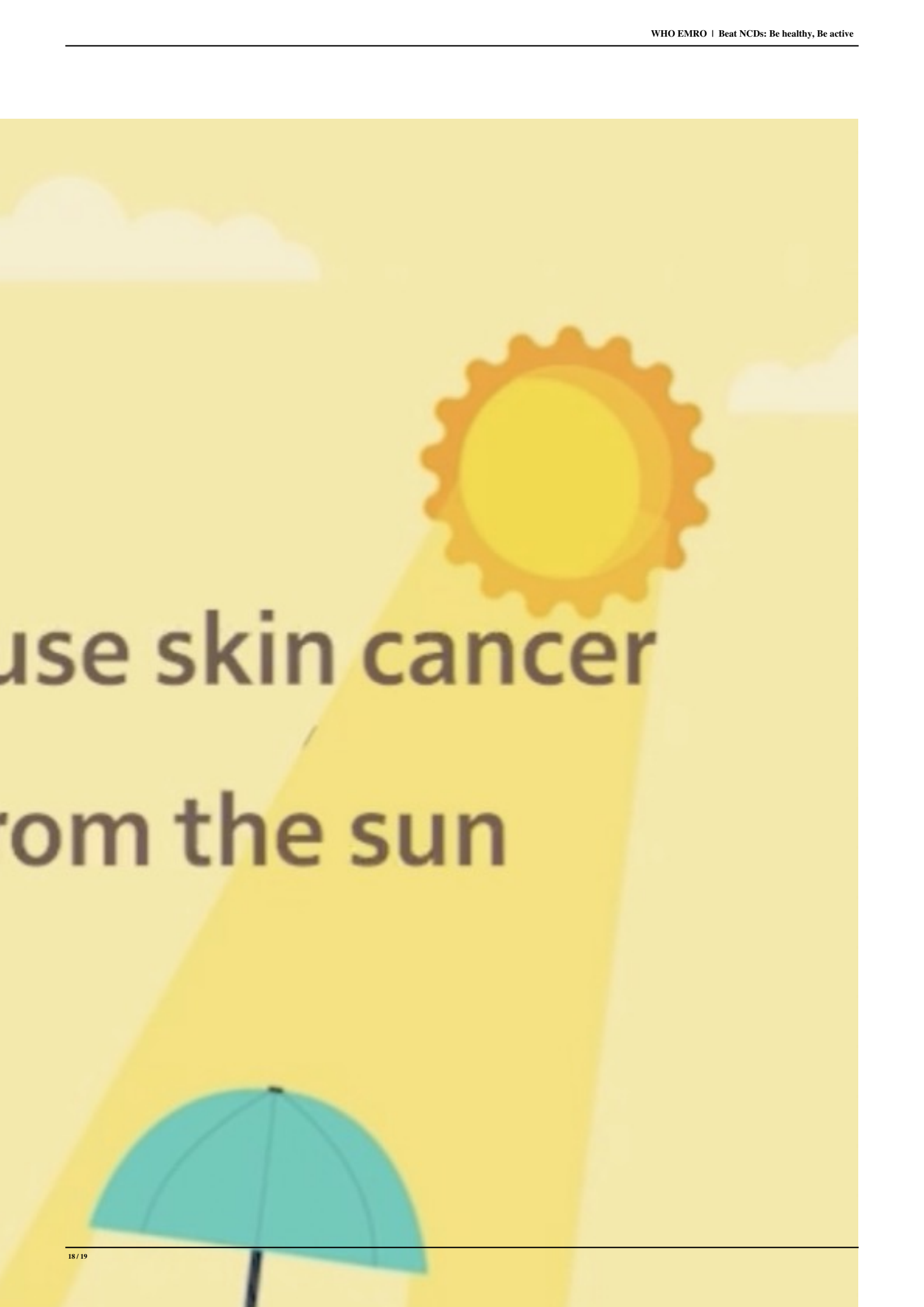
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[Eat a balanced meal](#)



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use skin cancer
from the sun

Sunday 19th of May 2014 03:55 pm [Protect yourself from the sun](#)