GIFs | Beat NCDs: Be healthy, Be active

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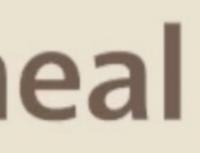
Exercise regulably

### t intake ealth goes down

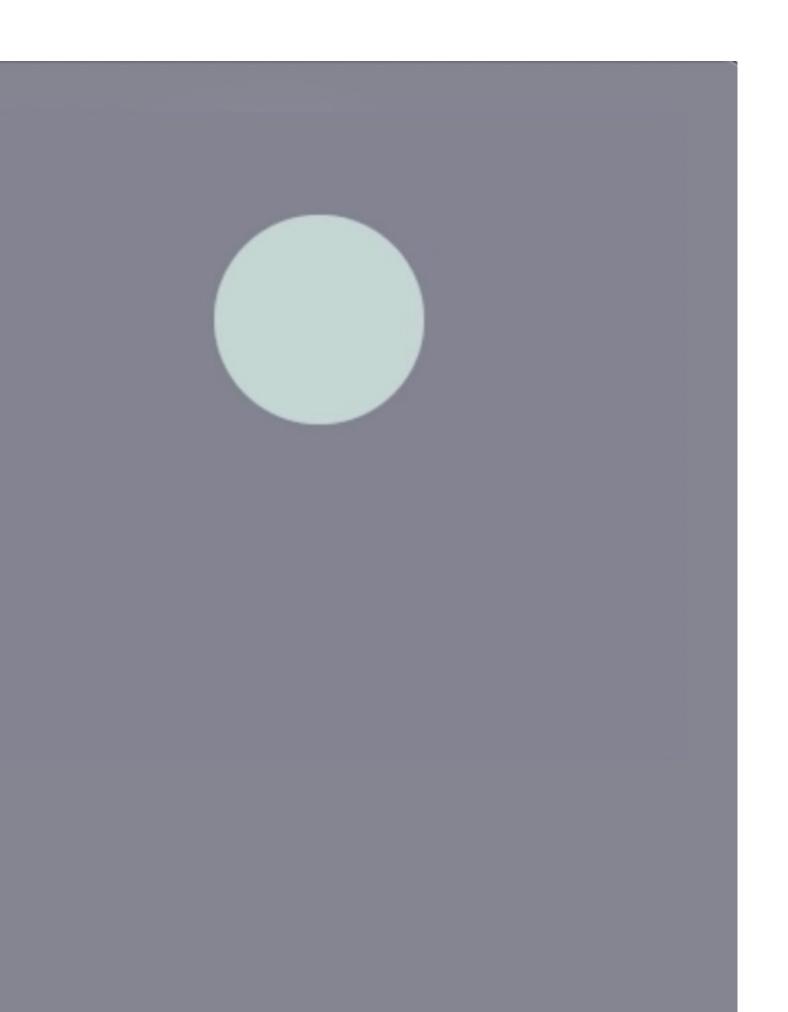
Limit your fatArtable

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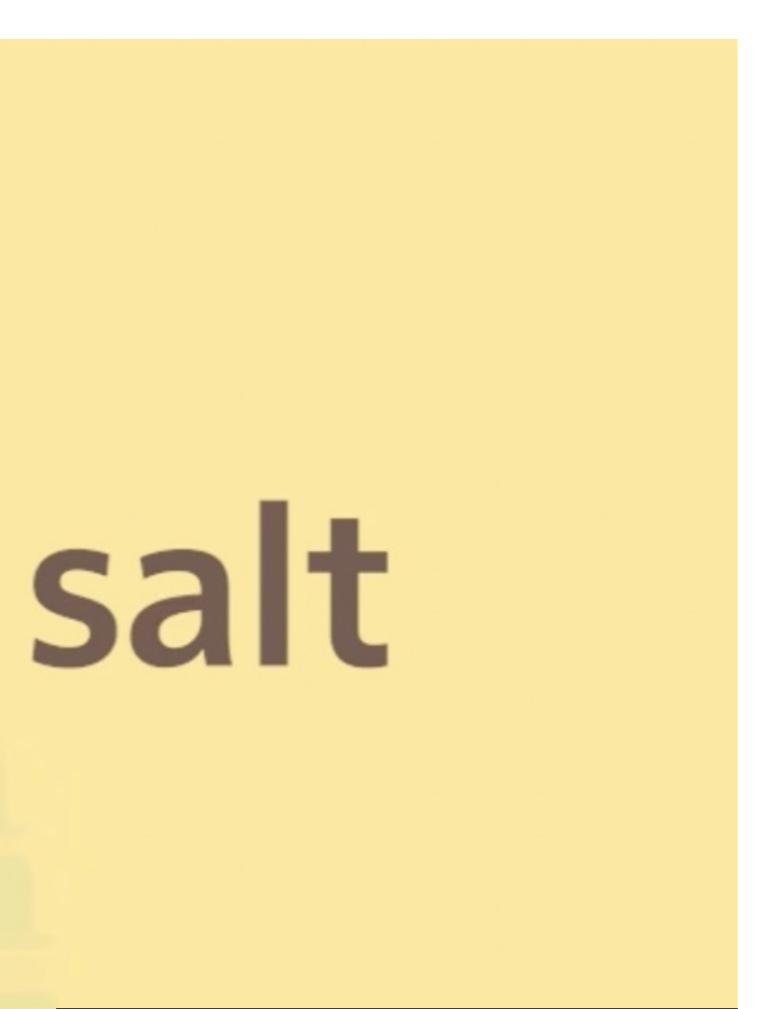
Steer clearAofabte



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Beat NCDs: Be healthy, Beacthie

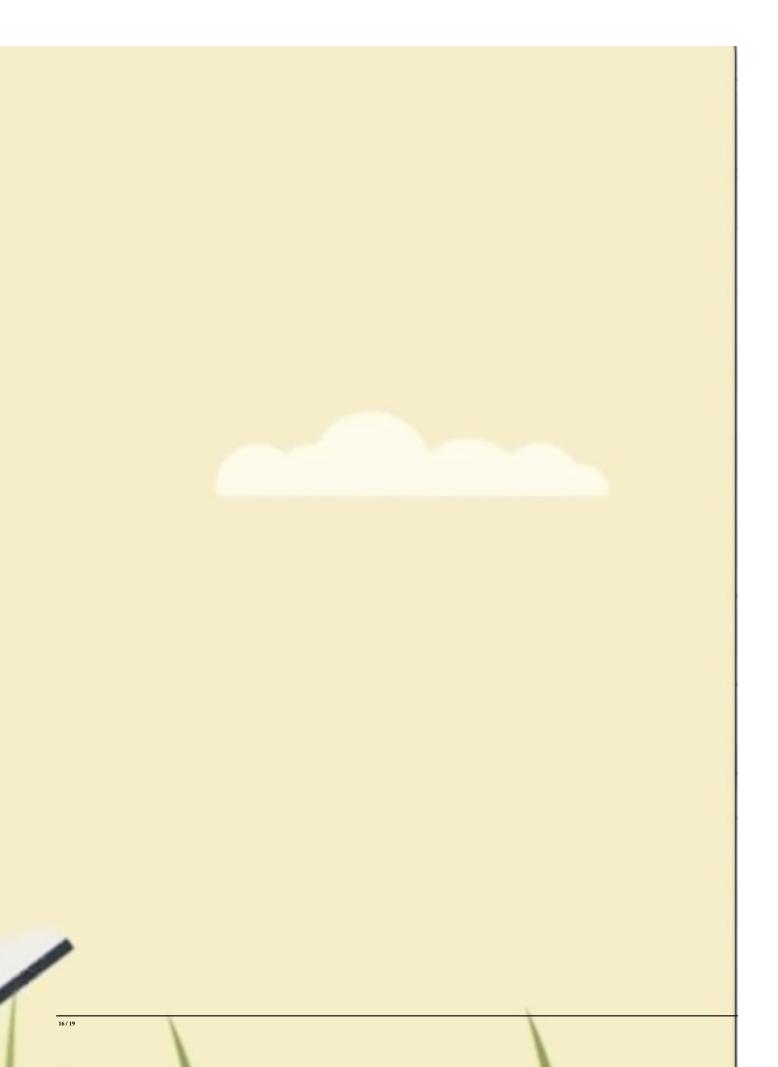


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Eat a balance<mark>d rabid</mark>



Beat NCDs: Be healthy, Beacthie

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Sunday 27th of April 2025/02-58 1 6 ANA the abiu