GIFs | Beat NCDs: Be healthy, Be active

Exercis

Aratoricise regularly

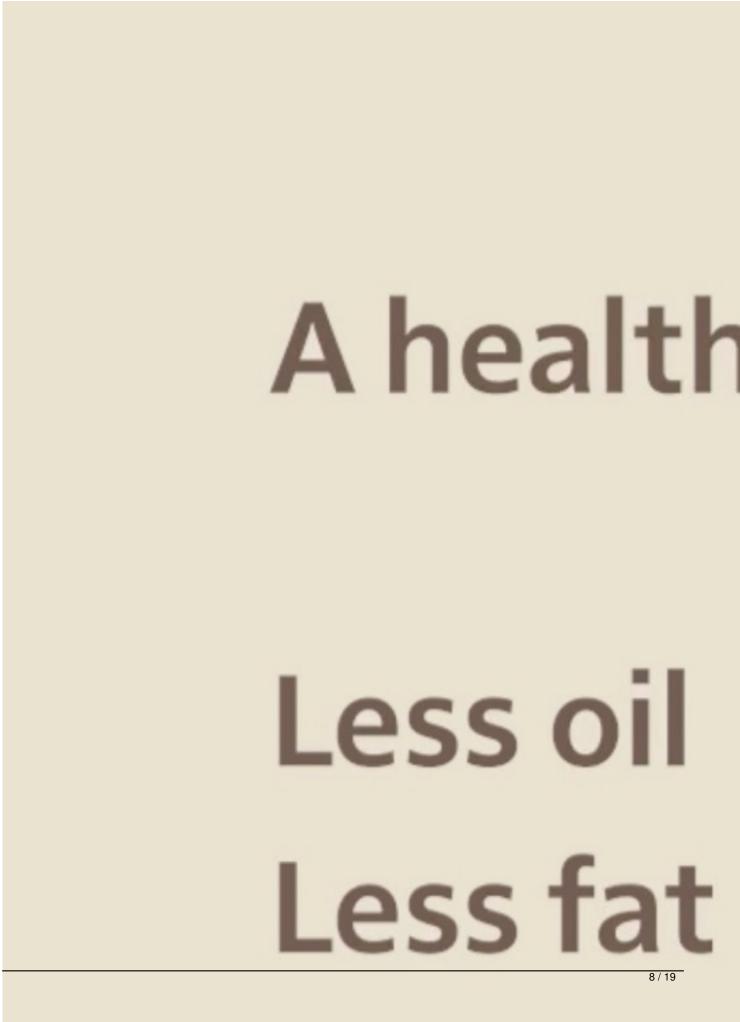
Limit yo Fat intake goes



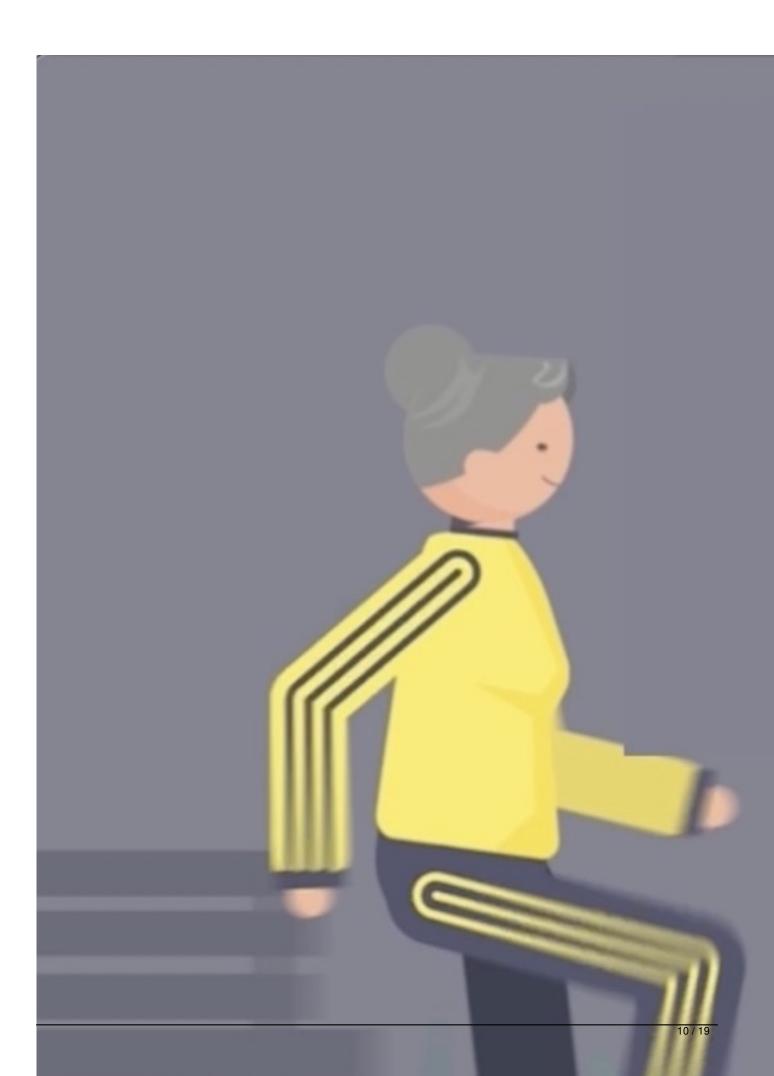
Airaltigour fat intake

Steer c Keep your

Atabicclear of fats



Araeadthy meal



BeathiolCDs: Be healthy, Be active



<u>Beatoib</u> salt

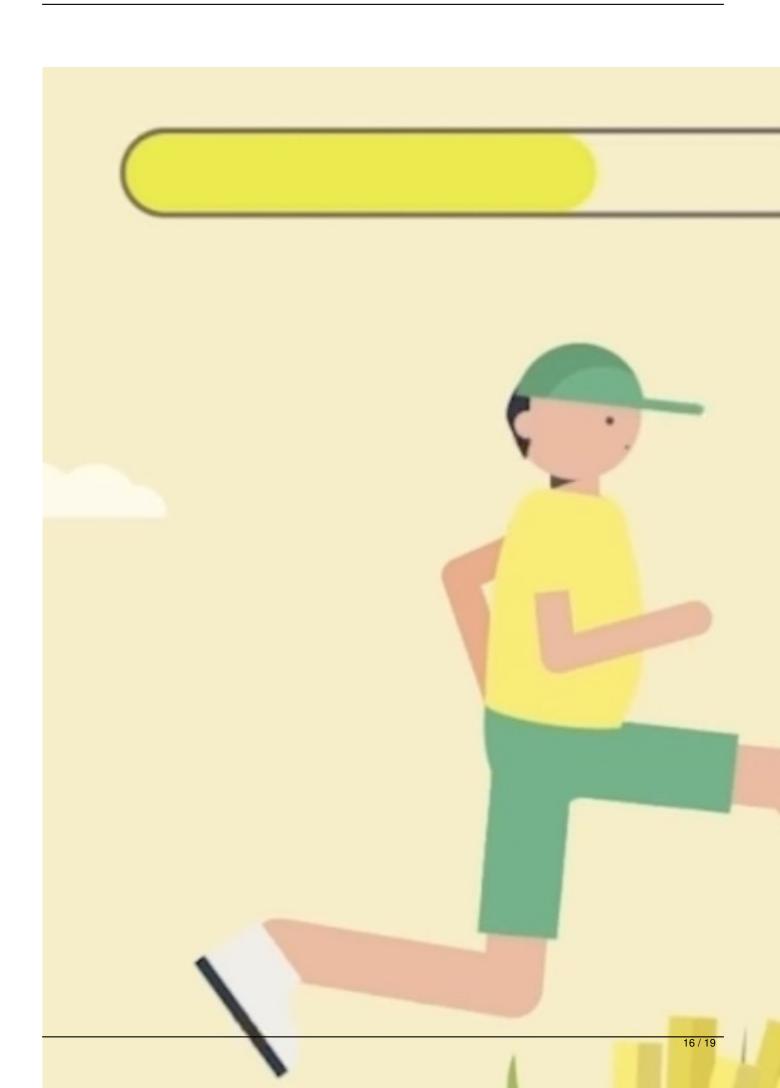
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Activity and the second second



BeathiolCDs: Be healthy, Be active

Too much sun c Protect your

Protect volate of a section of the s