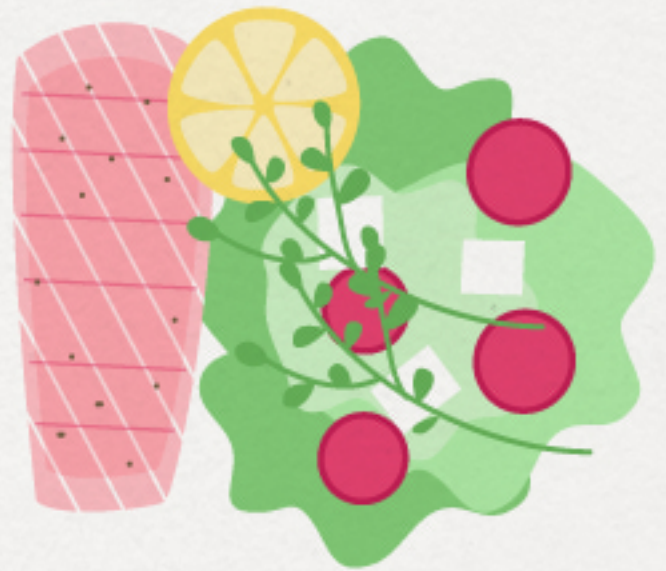


HOW TO PREVENT HEART DISEASE

1. EXERCISE REGULARLY



2. SLEEP WELL



3. CLEAN UP YOUR DIET



4. DRINK SENSIBLY



5. KICK THE HABIT