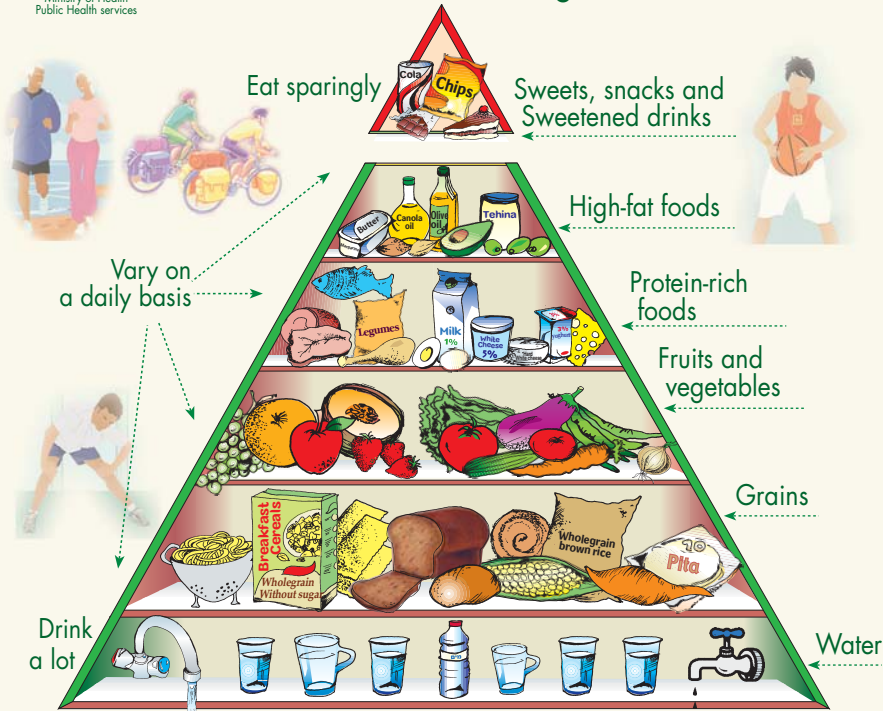




Ministry of Health
Public Health services

Moving to a healthy lifestyle

The basics of sensible eating and exercise



Exercise and sensible eating-a recipe for health