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Eat Healthy | Living Healthy | Healthier Together

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By living a healthy lifestyle you will be fit and you ' re able to do things that you have never done before, or even thought about. In addition, there are several ways to maintain a healthy lifestyle that is exercise, eating healthy and reducing stress.

Research | 4-H

WHO ' s response . In accordance with a recent World Health Resolution (67/13), a comprehensive Global Strategy and Action Plan on Ageing and Health is being developed by WHO in consultation with Member States and other partners. The Strategy and Action Plan draws on the evidence of the World report on ageing and health and builds on existing activities to address 5 priority areas for action.

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Healthy living involves more than physical health, it also includes mental and emotional health. This article is designed to give tips to readers about how they can improve or augment actions in their life to have a healthy lifestyle; it is not meant to be all inclusive but will include major components that are considered to be parts of a lifestyle that lead to good health.

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