

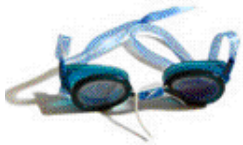


## Introduction

A healthier and happier you can start here with some simple lifestyle changes. Why not incorporate some of these changes into your everyday living?

For each of us, one of the most important things in life is our own and our family' s health. It is everyones responsibility to take care of our own health, to help improve the health of everyone across the nation.

Small changes in the choices people make can make a big difference. Taken together, these changes can lead to huge improvements in health across society.



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