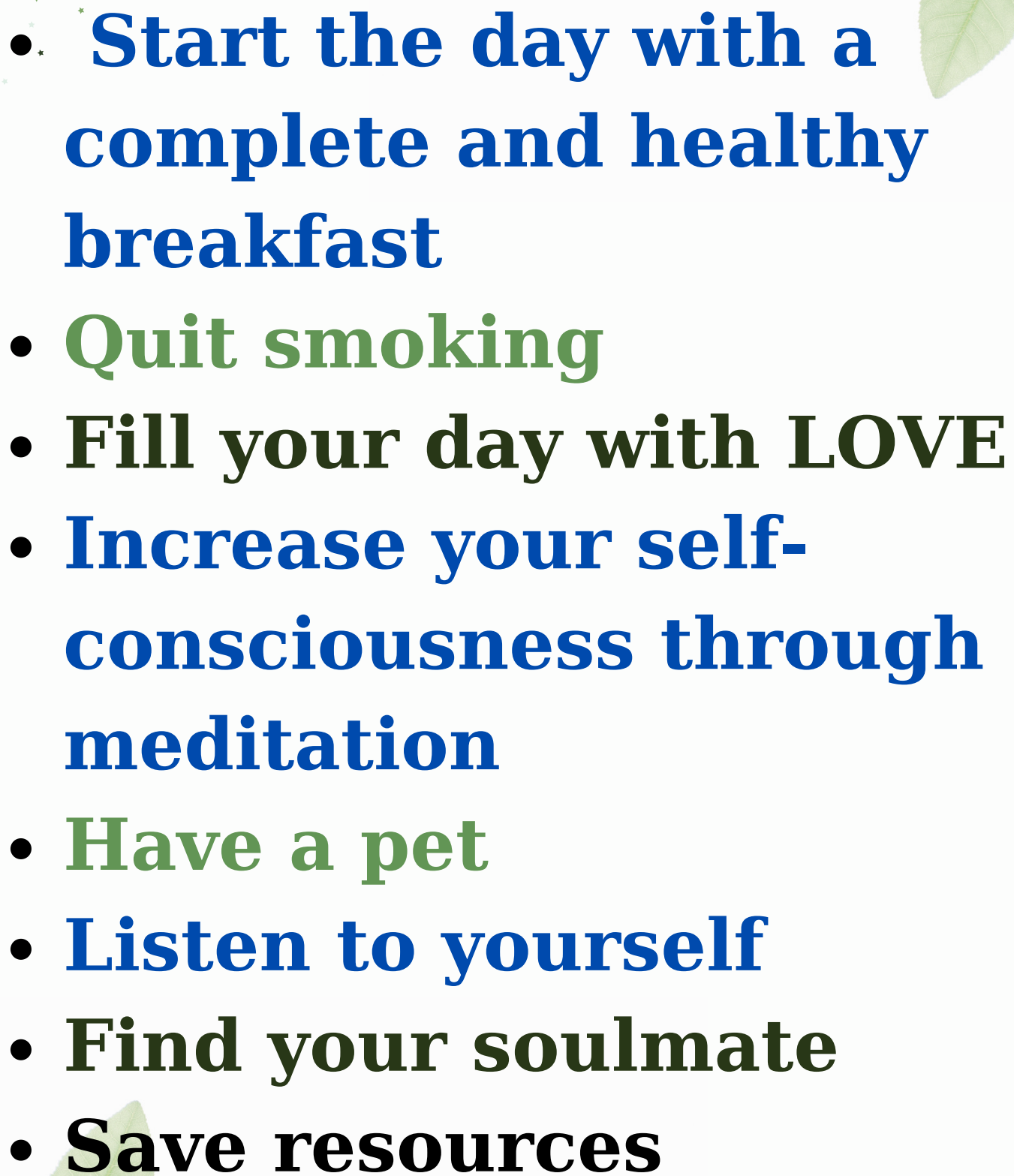
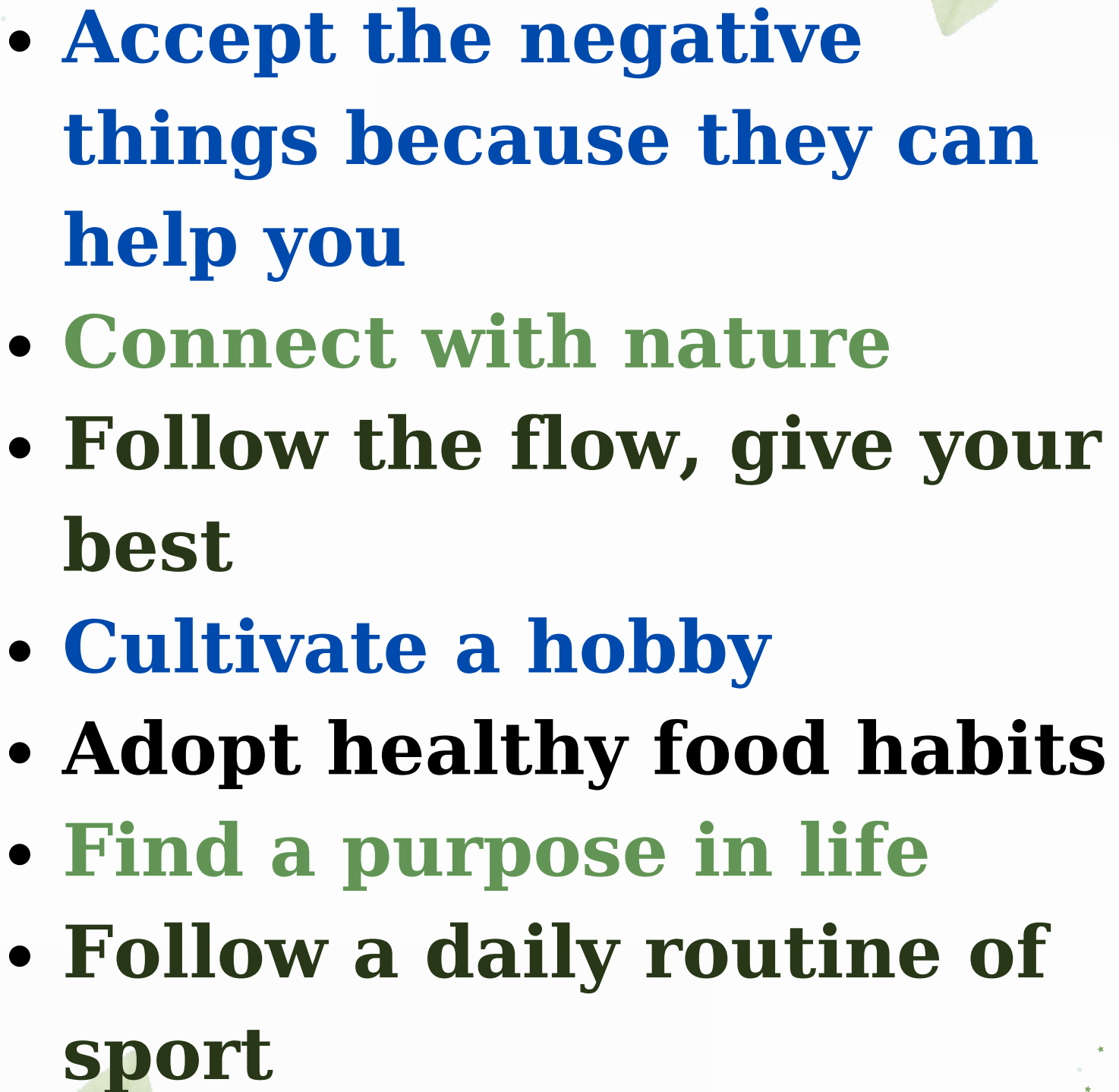


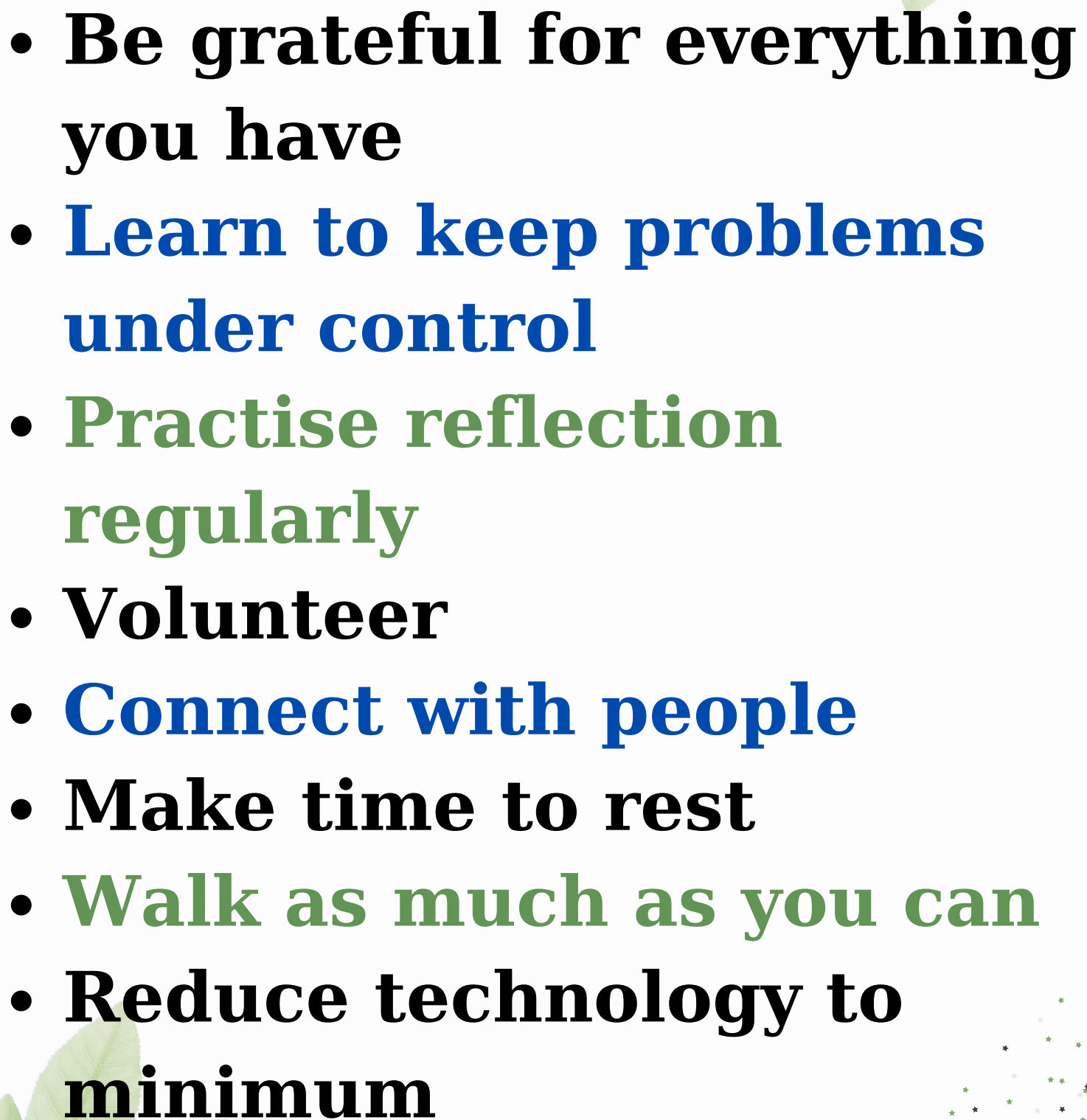



Asociația
I.A.T.A.

HEALTHY LIFESTYLE TIPS

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- **Start the day with a complete and healthy breakfast**
 - **Quit smoking**
 - **Fill your day with LOVE**
 - **Increase your self-consciousness through meditation**
 - **Have a pet**
 - **Listen to yourself**
 - **Find your soulmate**
 - **Save resources**

- 
- **Accept the negative things because they can help you**
 - **Connect with nature**
 - **Follow the flow, give your best**
 - **Cultivate a hobby**
 - **Adopt healthy food habits**
 - **Find a purpose in life**
 - **Follow a daily routine of sport**

- 
- **Be grateful for everything you have**
 - **Learn to keep problems under control**
 - **Practise reflection regularly**
 - **Volunteer**
 - **Connect with people**
 - **Make time to rest**
 - **Walk as much as you can**
 - **Reduce technology to minimum**



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