

Did you know that you can add years to your life if you...?

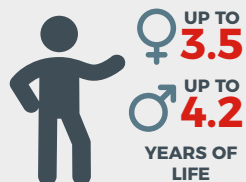
Have a healthy life style:



If you stop smoking:



You are obese and lose weight:



THE TIME MACHINE

You do moderate physical activity:



And you stay a healthy weight:



Sleep well: enough quality hours



You greatly reduce your alcohol consumption:

