

Title:

Advice for Healthy Living in 2006

Word Count:

538

Summary:

An insightful article with some tips and advice for living a healthy lifestyle.

Keywords:

health, nutrition, fitness

Article Body:

With the New Year now upon us, it's important to give pause and consider making some positive

Get a Check-up - An excellent place to start when considering lifestyle changes is with

Drink More Water - Make another profound difference to your health by consuming more wa

Get Moving - Exercise is yet another effective way to maintain optimal health. That's

Pay Attention to Nutrition - Diet also plays a significant role in one's overall health

By following these few simple suggestions, you can take control of your health and your life i

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