

HEALTH IS THE BEST WEALTH

DOs AND DON'Ts
FROM
CATS' LIFE

A tabby cat with green eyes and black-rimmed glasses is sitting at a blue desk. To its right is a globe on a blue stand. To its left is a small yellow-framed chalkboard. In the bottom left corner, a yellow school chair is visible. The background is a solid pink wall. The text is overlaid in a bright pink, serif font.

**WHAT IS BETTER: TO ENJOY
LIFE BUT SUFFER DIFFERENT
DISEASES**

**OR LIVE A FULL LIFE BUT
RESTRICT YOUR DESIRES?**

IT'S FOR YOU TO DECIDE

DEADLY HEALTH HABITS



SMOKING



OBESITY,
OVEREATING



FIZZY DRINKS



DRINKING
ALCOHOL



Ваша киска сдохнет от Whiskas.
Дохлый кот - мало забот.

EATING FAST FOOD



SLEEPING TOO MUCH
OR ...



TOO LITTLE



WORKING TOO MUCH
ON THE COMPUTER



HAVING SNACKS
BETWEEN MEALS

PUSSY GALORE



PHYSICAL INACTIVITY

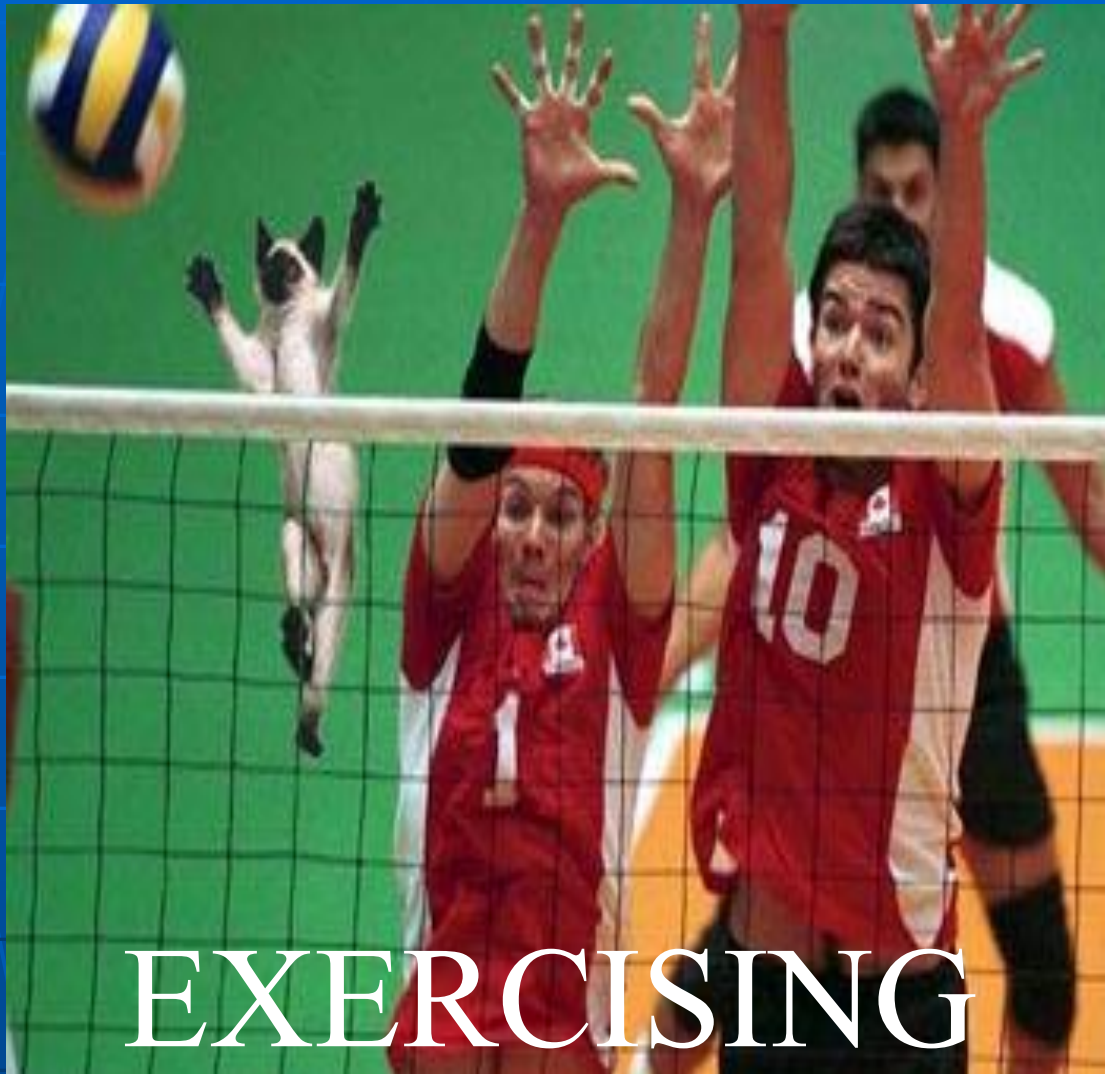
WAYS TO HEALTH



SWIMMING



A LOT OF FRESH AIR



EXERCISING



EATING HEALTHY
FOOD



- GETTING RID OF BAD HABITS (SMOKING, DRINKING ALCOHOL)

HAPPY END



USE THESE PIECES OF ADVICE
AND YOU WILL BE AS
STRONG AS THIS TIGER