

# THE 3 THINGS



**The World Health Organization**

**Reports that**

**80% of Premature Heart Disease  
(#1 Killer)**

**80% of Stroke (#3 Killer)**

**80% of Diabetes (#6 Killer)**

**40% of Cancer (#2 Killer)**

**and NUMEROUS other conditions**

**Can be Prevented by**

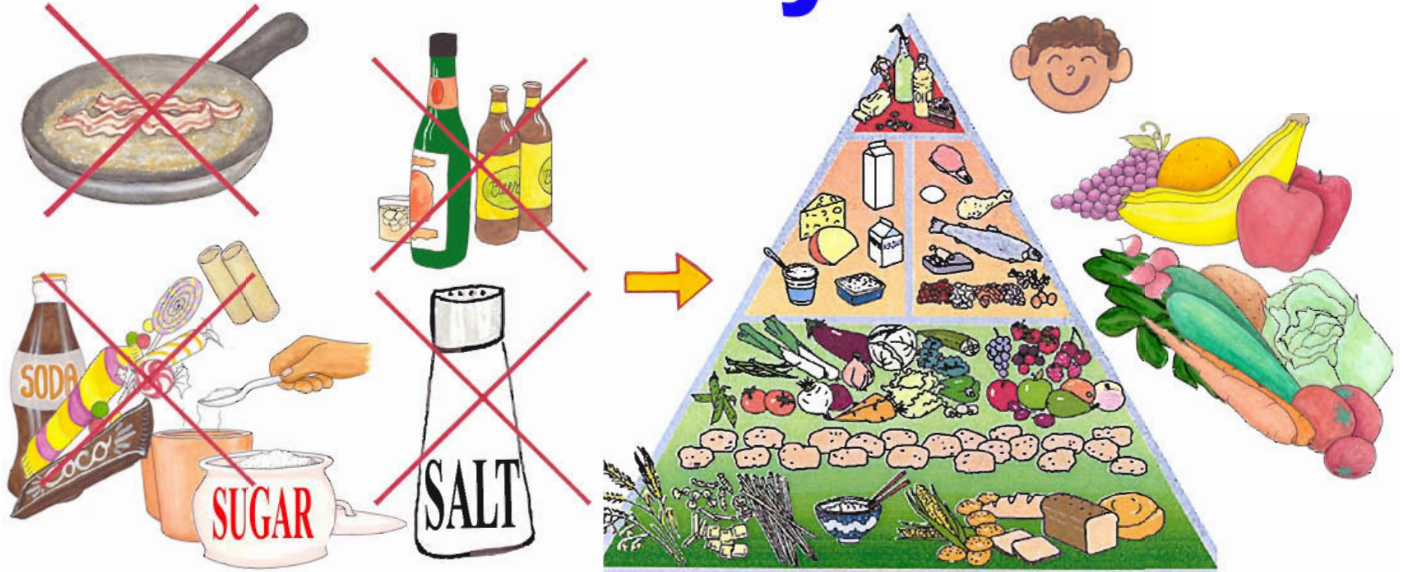
**YOU**

**Doing Just 3 Things**

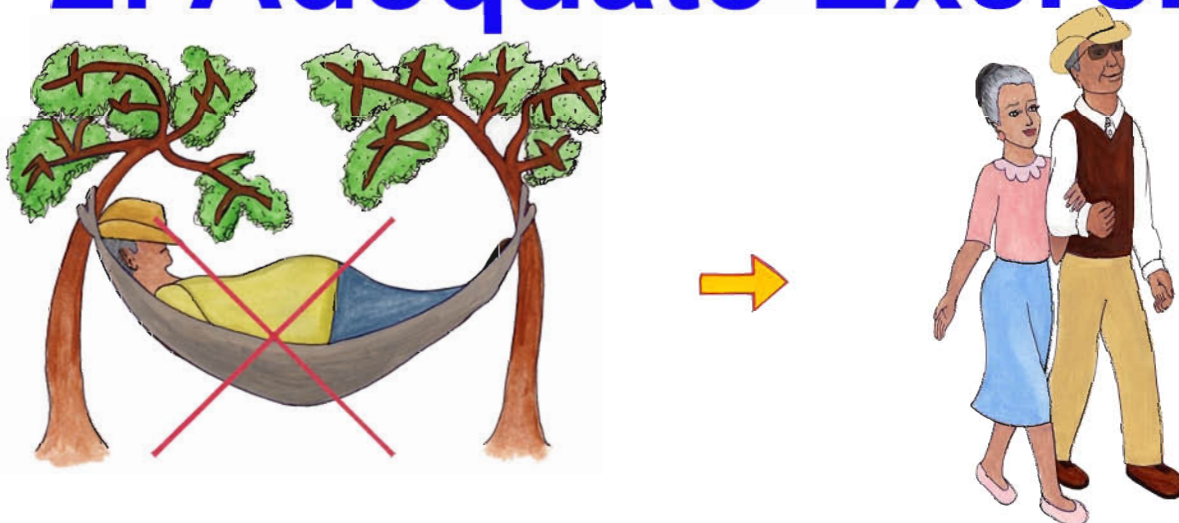
**(Much more important than all  
of our hospitals & clinics, doctors & nurses,  
and drugs & surgeries combined.)**

# THE 3 THINGS

## 1. Healthy Diet



## 2. Adequate Exercise



## 3. Not Using Tobacco

