

Vitamin C	"Silent killer"	About 5 liters	Joints and bones	Diabetes
39%	The American Heart Association	Heart Disease	150 minutes	Stretching
2 and 1/2 servings	Between 60 to 100 beats per minute	FREE	Breast cancer	Spinach
Children	It helps break down food for nutrients and remove waste	At least once every ten years	Fiber	Apple
2 days	3500 Calories	General Practitioner	5 feet 4 inches	High Blood Pressure

Zumba	Skin cancer	It helps break down food for nutrients and remove waste	Heart Disease	Spinach
2 days	3500 Calories	High Blood Pressure	Fiber	39%
General Practitioner	150 minutes	FREE	Between 60 to 100 beats per minute	"Silent killer"
Diabetes	Vitamin C	diet and exercise	5 feet 4 inches	2 and 1/2 servings
Joints and bones	50 years old	Breast cancer	About 5 liters	At least once every ten years

General Practitioner	39%	It helps break down food for nutrients and remove waste	High Blood Pressure	50 years old
150 minutes	diet and exercise	About 5 liters	Zumba	True
5 feet 4 inches	Spinach	FREE	Children	Joints and bones
"Silent killer"	3500 Calories	Fiber	Breast cancer	B.M.I.
Vitamin C	2 and 1/2 servings	Stretching	2 days	The American Heart Association