

Healthy life

Poetry

A sage advice should I say
On less eating must stay
Less than you move up & down
Otherwise go to much pay

This is poem, science word
Coming from wise in board
Listen, take and practice
To gain goods of high & hoard

Sleep early get up soon
To look a face better moon
No large supper be careful
Collect the cool out of boon

Work exercise many times
Every day and every month
Leave no days of static
Look at, this is healthy life

Go with people and friends
Keep spirit out of bends
The best drug is smile
Do it before your day ends.¹⁻¹⁰

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Conflict of interest

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