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TIPS TO
BE HEALTHY FOREVER



@inastew

1

**STOP DRINKING
ALCOHOL**

2

**SAY NO TO
TAKE-AWAYS**

3

**ALWAYS EAT BREAKFAST,
LUNCH & DINNER – ALWAYS!**

4

STICK TO A ROUTINE

5

**EXERCISE, EXERCISE,
EXERCISE! (JUST MAKE
SURE IT'S SOMETHING YOU
LOVE)**

STAY TUNED FOR
MORE TIPS?

FOLLOW ME!



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Kitchen Stories
from In A Stew