

Healthcare should be free



We should brush our
teeth 3 times a day



We are what we eat



Mental health isn't the
same as physical health



You can still be fit and not
do exercise



Smoking should be
banned around the world



Sleep can solve any
problem



Social life isn't important
for health



Fresh air can help with mental health



Obesity is a disease



There is no such thing as
“mental health”



An apple a day keeps the
doctor away

