

Here's What
We Will Be
Learning in this
Presentation:



Summary

- ❑ Introduction to Lifestyle Ailments.
- ❑ How do we prevent them?
- ❑ Exercises.

Vocabulary

Ailments: a bodily disorder or chronic disease.

Convenient: suited to personal comfort or to easy performance.

Claims: to ask for especially as a right.

Prone: having a tendency or inclination.

Epidemic: affecting or tending to affect large number of individuals within a population, community, or region at the same time.