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You smoke

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You eat bacon, sausage and salty foods

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80

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78



You eat oily fish, olive oil and garlic

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You dance, sing do tai chi or yoga

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You eat 5 a day (fruit and veg)

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You eat fried food cakes and biscuits

38

37



Obesity (BMI of 30+)

35



You get 30 minutes brisk exercise a day

33



You drink a lot of alcohol

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You get 6-8 hours sleep a night

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