

# Guide To Healthy Lifestyle

for a better life

## EAT A HEALTHY DIET

fruits      nuts and beans



vegetables      fish and oil

## AVOID UNHEALTHY HABITS



quit smoking      avoid alcohol

## WORKOUT



get more exercise

## GOOD HYGIENE



skin, teeth and hair

## HYDRATE



drink water

## GET PLENTY OF REST



sleep for 8 hours

## CONTROL STRESS

entertainment      meditation



socialize

## CHECK UPS

body weight



blood pressure



# Guide To A Healthy Lifestyle

**Robert R. Redfield**



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web jun 15 2004 check the fuse for the parking lights fuses are behind the fuse panel on the passenger side of the middle console but i dont remeber a relay for tail lights sorry anyway check all your fuses make sure none of them are blown

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web dec 15 2009 this sounds stupid but is there a diagram somewhere that shows what each of the relays in the fuseboxes do i am specifically looking for the headlight relay we recently had the low beams both stop working in our 2003 and i figured it was either the relay or the switch

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web mar 16 2015 ok so i figured out that the relay is in a box next to the radiator putting power to that relay engages the ac clutch which is just below it clutch works relay works but when i press the ac button the clutch and fans do not engage

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