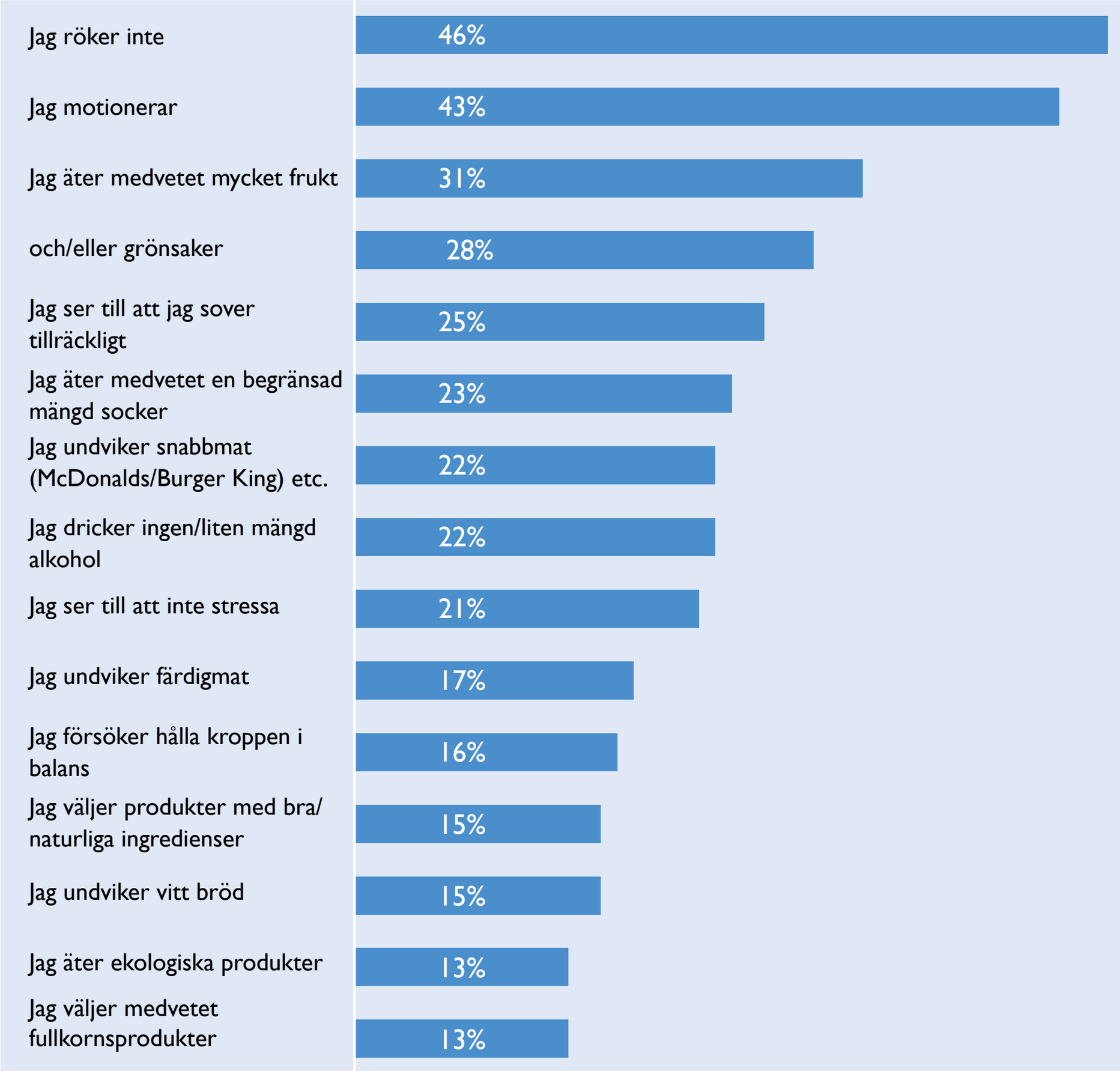Figur 1. Ange de fem viktigaste faktorerna för din hälsa