

Audio	Visual
Music	How to avoid a sedentary lifestyle
	A house appears and a text saying: Forced into staying.
	There is a man watching the TV and text appears saying: Lead to a sedentary lifestyle.
	Text appears saying: Which is linked with, then 4 hexagons appear with 4 icons: an obese man with text saying Obesity, a hand with a drop of blood on the finger and with text saying Type 2 diabetes, a heart with text saying Heart disease and a liver with text saying Fatty liver.
	Ideas to stay healthy
	A hexagon appears with a calendar icon in it and text saying: Plan your week to have a clear structure.
	A hexagon appears with an alarm clock icon in it and text saying: Daily routine is important.
	A hexagon appears with a man drinking in it and text saying: Drink water to keep hydrated.
	A hexagon appears with a salad icon in it and text saying: Plan & shop so you can prepare your own meals that are low in fat, sugar and salt.
	A hexagon appears with a man running in it and text saying: Exercise at least 20 min a day join an online group for encouragement.
	A hexagon appears with speech bubbles in it and text saying: Communicate reach out to family and friends.
	A hexagon appears with a man and woman playing the guitar in it and text saying: Learn a new skill or remember an old one.
	A hexagon appears with a burger icon in it and text saying: Avoid junk foods, excessive alcohol or smoking.
	A hexagon appears with a man getting up from a chair in it and text saying: Stand-up try and take a break from sitting every 30 minutes.
	A hexagon appears with a man opening his window in it and text saying: Open your windows to get fresh air into your apartment and lungs.
	Essentiale® Take a stand against liver decline
The Sanofi logo and the references appear.	