

The page features a central rectangular frame with rounded corners, outlined in black. This frame is set against a background of fine, radiating lines that create a sunburst effect. On the left and right sides of the frame, there are decorative elements consisting of concentric circles of varying sizes, also outlined in black. The text is centered within the frame.

The individual

Lifestyle is personal desicion.
You can buy unhealthy food easily.
You are too busy to eat healthy.
You are too busy to do sports.

GROUP 1

Ideas to help you in your discussion.

Below the first frame, there is a second, identical rectangular frame with rounded corners and a black outline. This frame is currently empty, intended for the user to write down ideas for discussion. It is positioned in the lower half of the page, maintaining the same decorative background and side elements as the top frame.