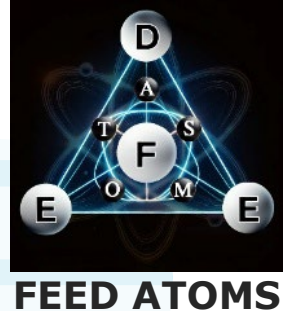




# 四大策略提升HDL



戒菸

Smoking  
Cessation

減重

Weight  
Reduction



有氧運動

Aerobic  
Exercise

慢食

Eating  
Speed↓

