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Social Media



Someone who is innately active without using social media for 1 hour, we can see a major difference. This helps to lower our stress & keep our energy high.

Conclusion: Social media is a powerful tool, but we must be careful not to let it control our health. If we use it as a positive motivation we can go back to being a healthy community. It's up to us to make sure that technology and media help us rather than taking a turn as a negative sign.

