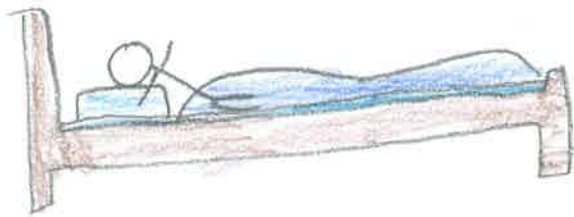




1. Wash your hands



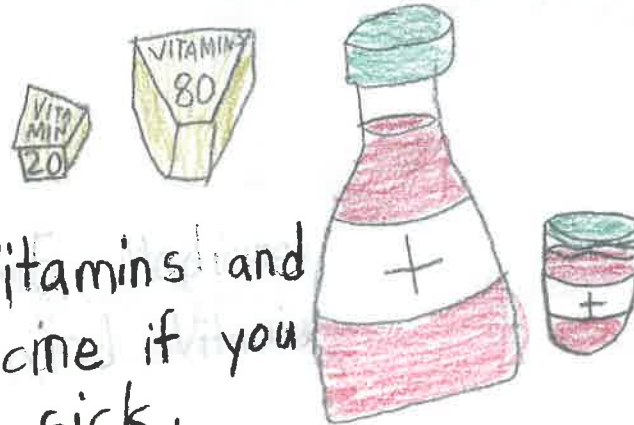
2. Enough rest



3. Exercise



4. Healthy foods and Drinks



5. Vitamins and Medicine if you are sick.



This is how I get healthy everyday. This makes me strong and healthy.