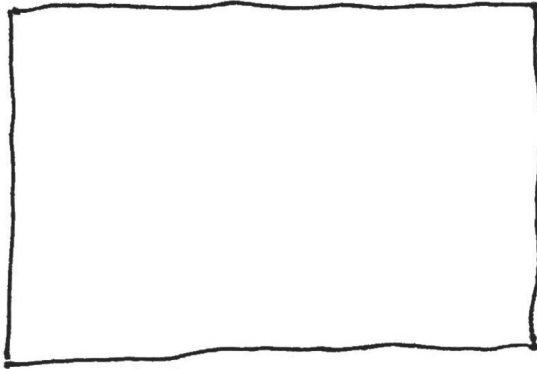
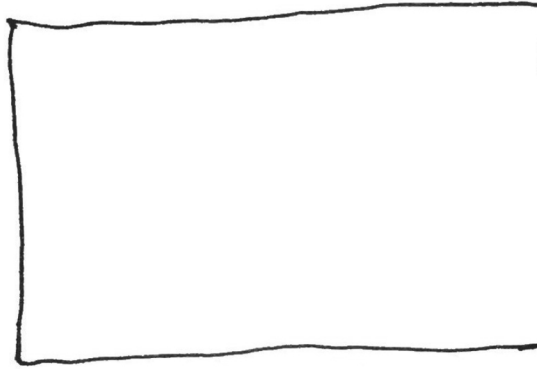


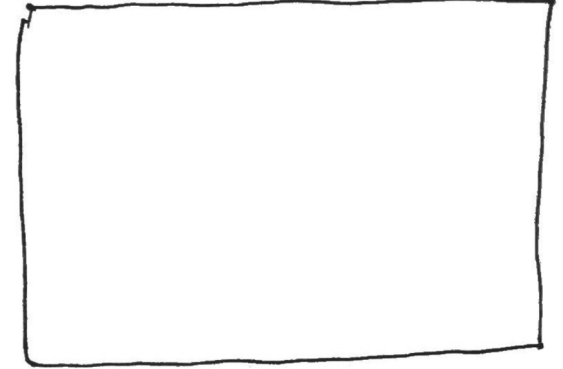
HOE OM GESOND TE BLY



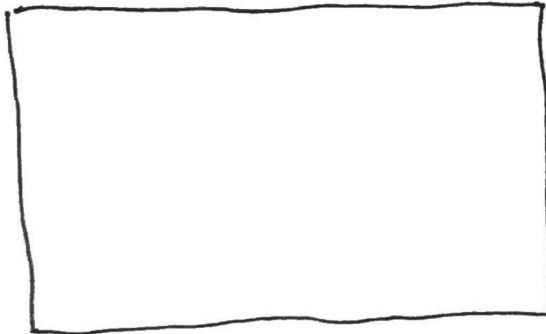
Slaap genoeg.



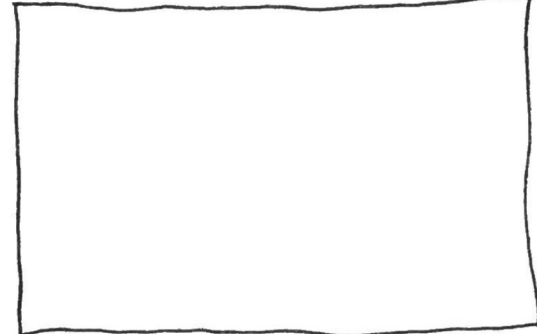
Eet gesond: Baie vrugte en groente.



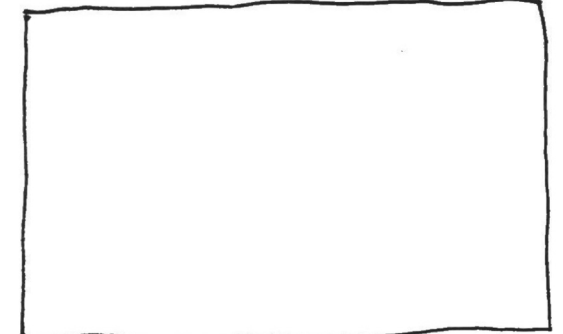
Drink baie water elke dag en somtyds ook warm met suurlemoen.



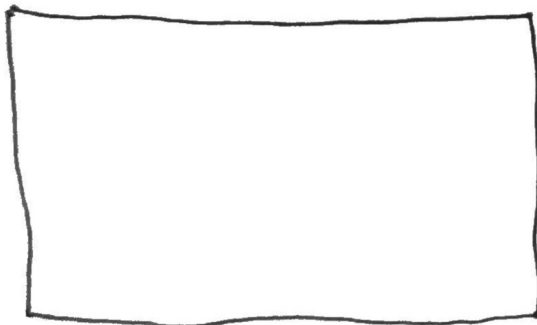
Oefen ten minste 3 keer per week.



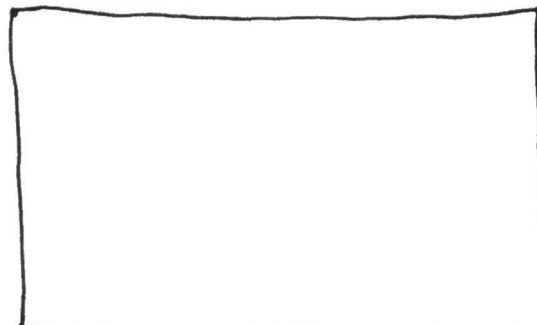
Jy moet vriendskaplike interaksie hê.



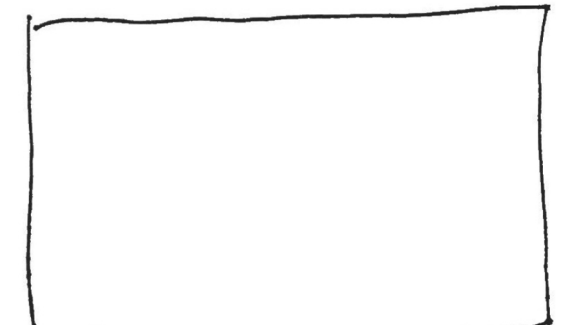
Moenie dwelms gebruik nie.



Was jou hande gereeld.



Kry genoeg sonlig vir vitamien D.



Probeer om nie te stres nie.