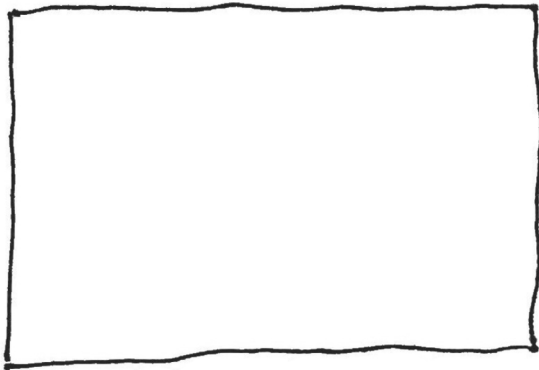
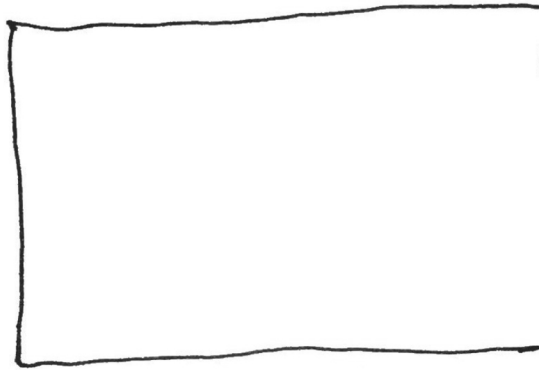


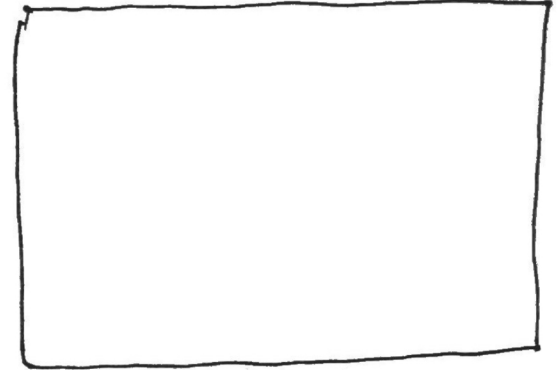
# HOW TO STAY HEALTHY



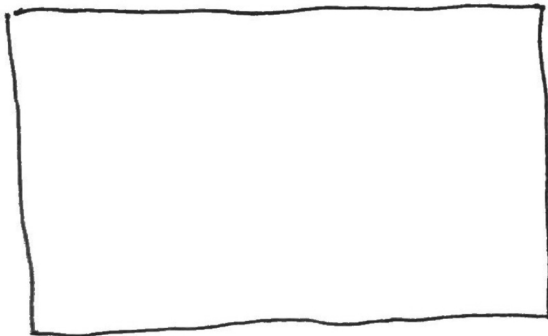
Get a good night's sleep.



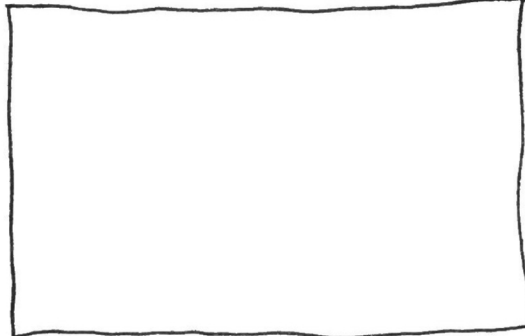
Eat healthily: lots of fruit and vegetables.



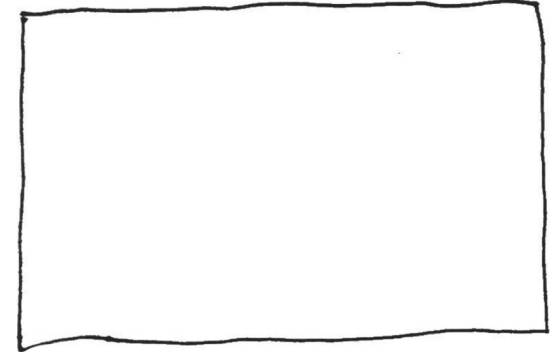
Drink lots of water everyday; sometimes warm with lemon.



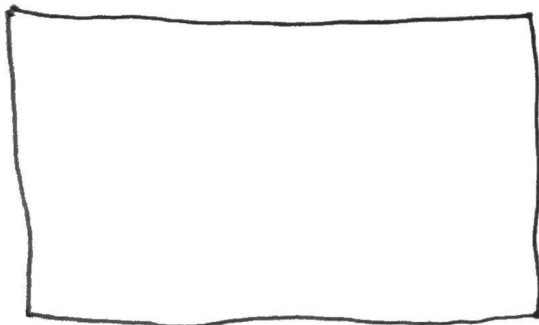
Exercise at least 3 times a week.



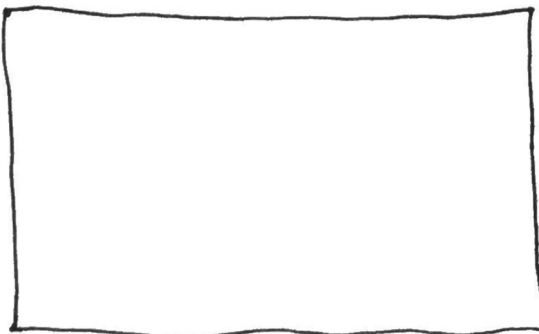
Have friends and interact with them.



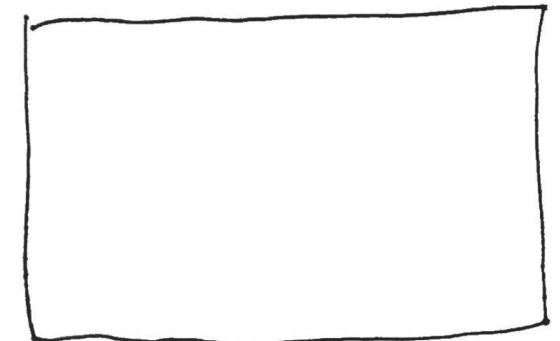
Don't do drugs.



Wash your hands regularly.



Get sunshine for vitamin D.



Try not to stress.