

+ health	
healthy	
+ hygiene	
+ personal	
+ to hope	
+ well	
+ nearly	
+ harvest	
+ to help	
help	
helpful	
+ morning exercise	
+ to take care of oneself	
+ busy	
+ own	
+ to wash	
+ to iron	
+ ironing	
+ to stay up	
+ probably	
+ to forget	
+ change	
+ to polish	
+ to put on	