How Do You Stay Healthy?





We know how to stay healthy. Do you?



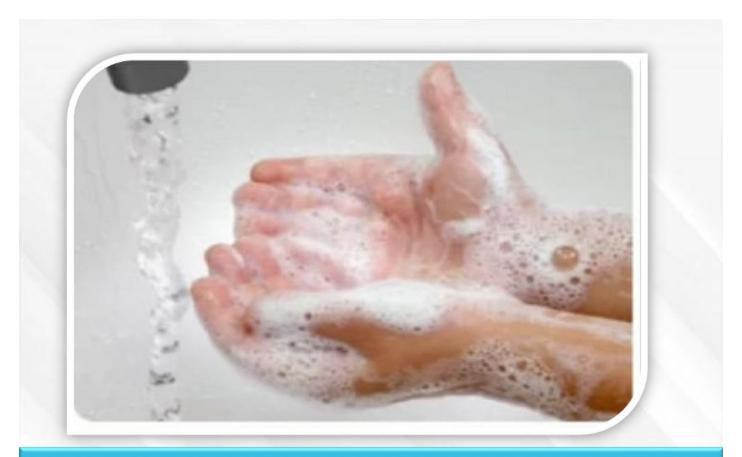
I eat healthy food.



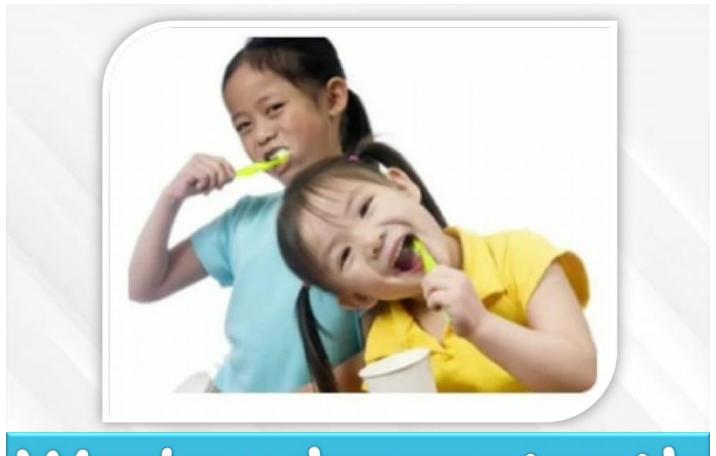
I get plenty of sleep.



We exercise.



I wash my hand.



We brush our teeth



I stand up straight