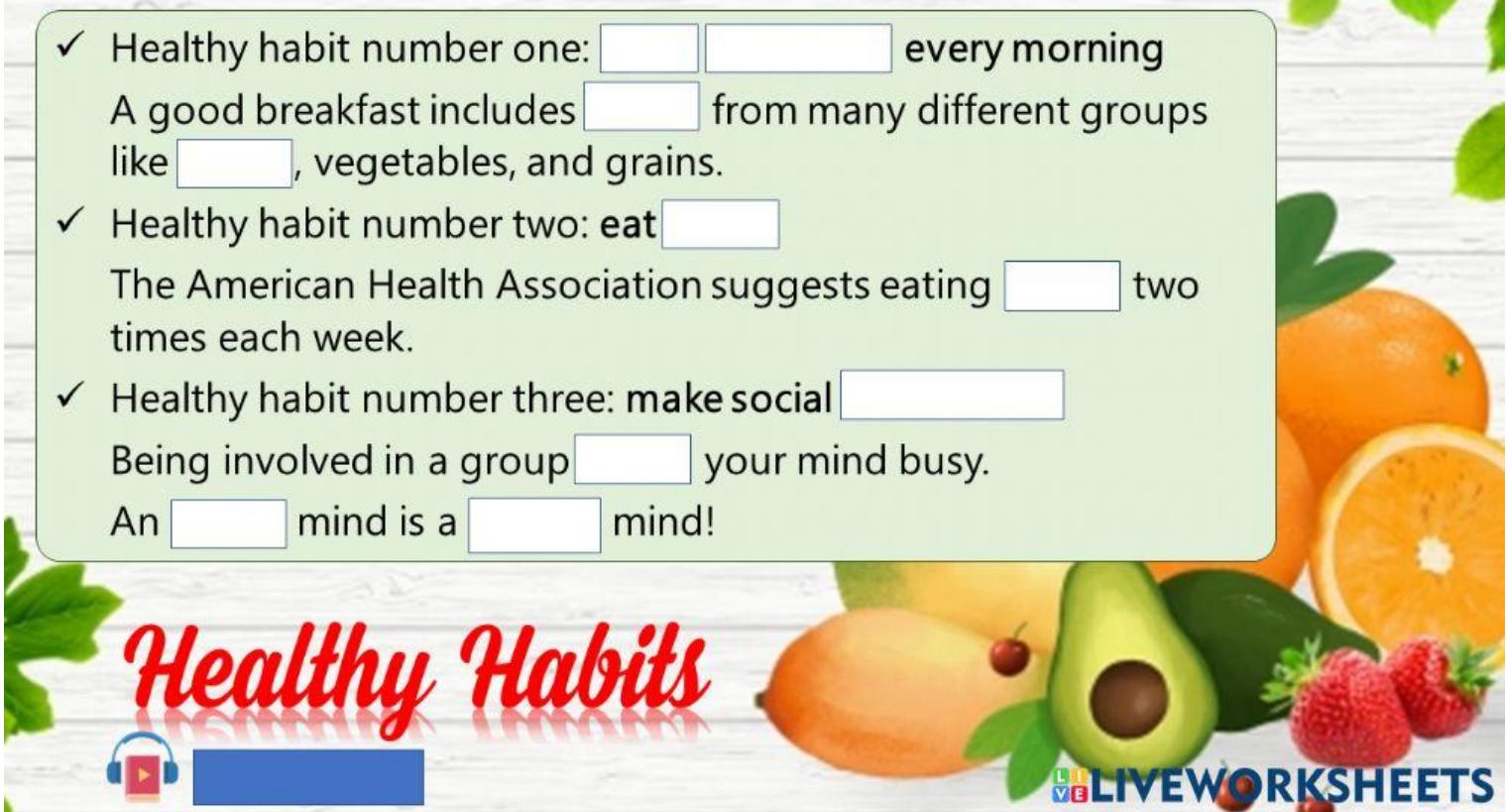


- ✓ Healthy habit number one: every morning
A good breakfast includes from many different groups like , vegetables, and grains.
- ✓ Healthy habit number two: eat
The American Health Association suggests eating two times each week.
- ✓ Healthy habit number three: make social
Being involved in a group your mind busy.
An mind is a mind!



Healthy Habits

