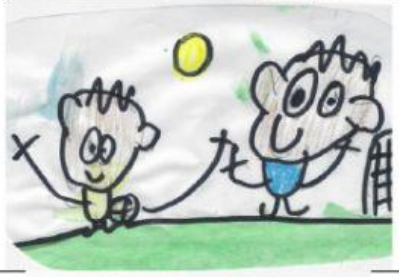
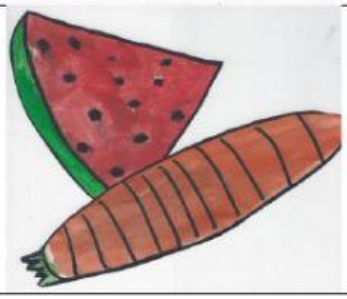
HEALTHY HABITS

MATCH THE HEALTHY HABITS WITH THE PICTURES.

	GO OUTSIDE
	DO EXERCISE
	EAT LOTS OF FRUIT AND VEGETABLES
	SLEEP WELL
	DRINK WATER