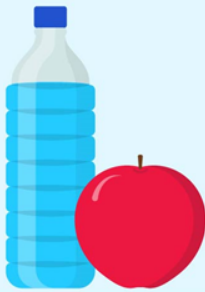




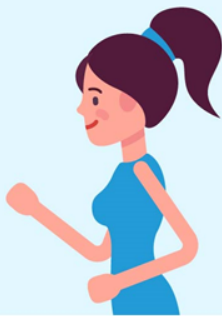
How to Stay Healthy



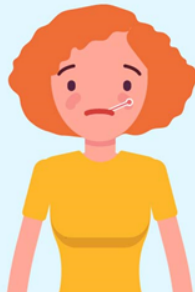
Get your rest!
Sleep 8-10 hours a day.



Eat healthy and hydrate!
Eat fruits and vegetables.
Drink 8 cups of water a day.



Exercise!
30 minutes a day.



Stay away from sick people!
Wash hands frequently.



Decrease screen time!
Spend time exercising
outside.