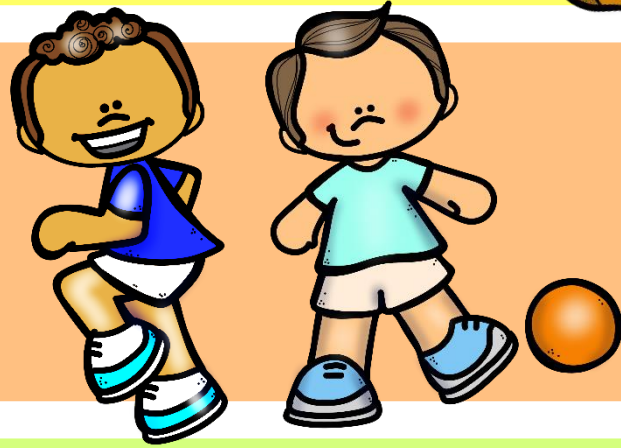


Healthy habits

A healthy diet



Enough exercise



Keeping clean



Being in the fresh air



Enough sleep and not too much television!

