

# Tips for a **HEALTHY BODY**

**Spend time with loved ones and friends.**

**Eat plenty of fruits and vegetables.**

**Practice good oral hygiene.**

**Get a good night's sleep.**

**Drink plenty of water.**

**Enjoy a family dinner.**

**Don't skip breakfast.**

**Explore new things.**

**Go outside and play.**

**Forgive others.**

**Stay positive.**

**Laugh often.**

**Be grateful.**

