Take care of your body

No drugs

1.Drugs such as alcohol and tobacco can cause serious health problems.
2.If someone offers your an alcoholic dink or cigarrete,just say no !!!!!!!!!

Keep clean

1.Brush your teeth after every meal.
to avoid cavities and to remove plaque from our teeth.

Do exercise

1.Do sport or even play games with your friends
Do exercise makes or muscles stronger.