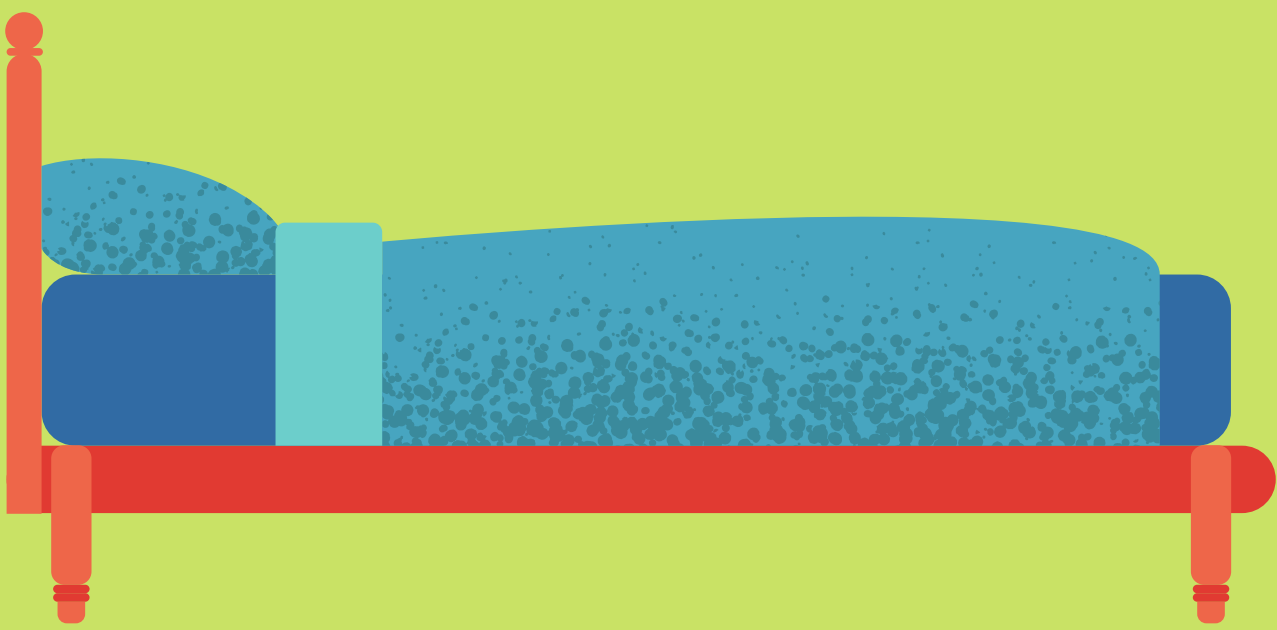


sleep enough

I You should sleep for about 10 hours every night.

T When we sleep the body cures the wounds.



keep clean

T We wash our body to remove dirt, sweat and bacteria.

I When you finish doing sport wash your body.

