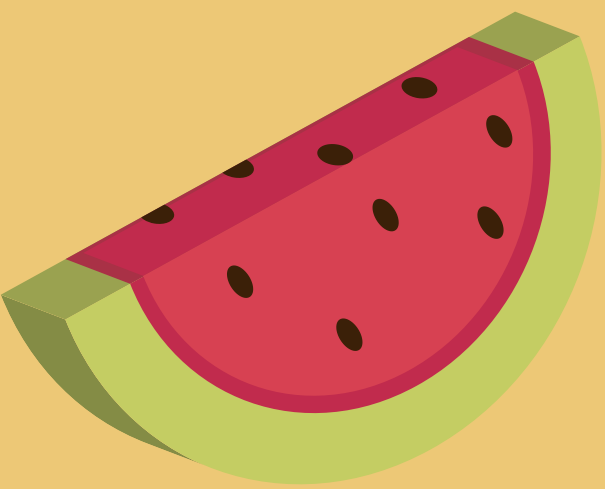


TIPS TO BE HEALTHY



EAT HEALTHY

*you should eat five times a day
Water keeps the digestive system and the kidneys functioning correctly.*

No drugs no alcohol



Alcohol can affect the brain and smoking can stop you from growing taller.



If someone offers you an alcoholic drink or a cigarette, just say no.