



# Good habbits and bad habbits



Early to bed early to rise makes you  
fresh, happy and wise.



- Take a shower



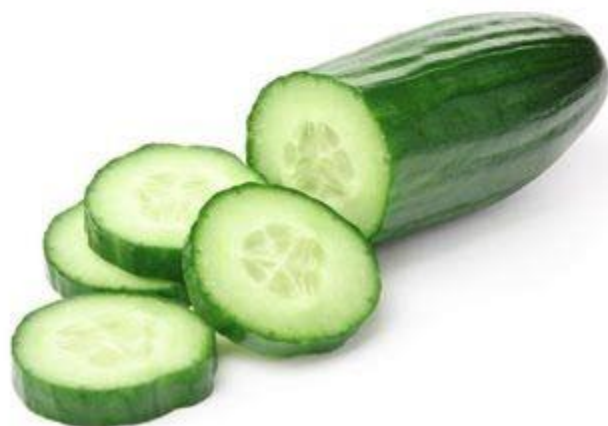
Trim your nails often



# eat fruits and vegetables







# Drink lots of water





# smile



# Exercise every day.

