

Health and Body Care



Health and Body Care

- *Everybody knows that good health is above wealth.*



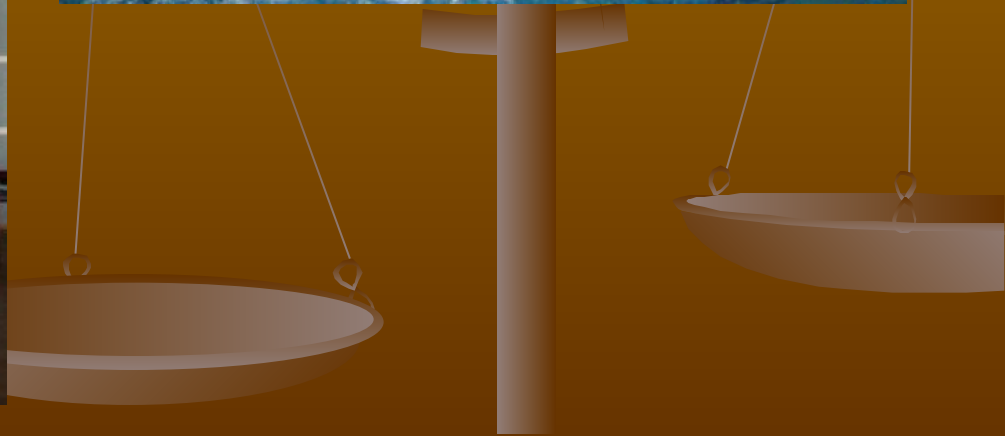
Health and Body Care

- *Nowadays people want to be strong and healthy.*



Health and Body Care

- *We should follow good rules, to keep*



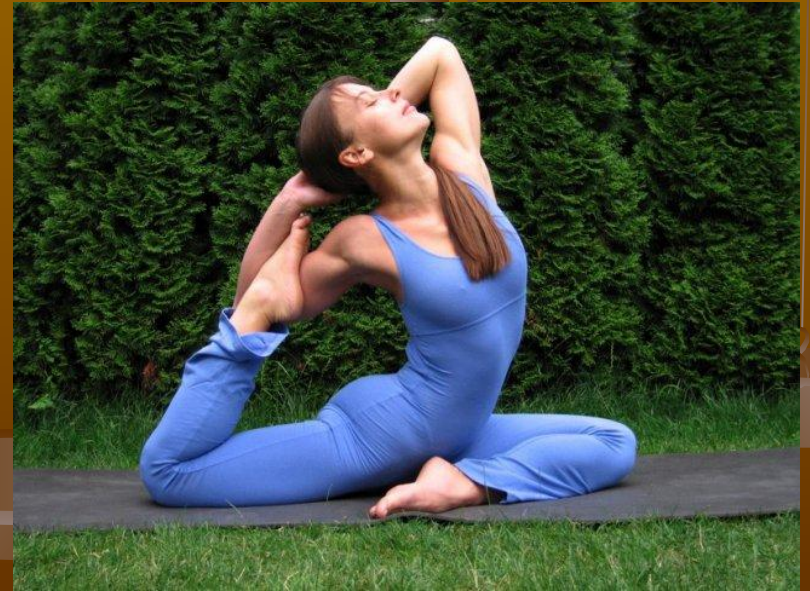
Health and Body Care

- *Get up early and go to bed early to keep fit.*



Health and Body Care

- *Take regular exercises to keep fit*



Health and Body Care

- *Take a cool / cold shower to*



Health and Body Care

- *Eat healthy food to keep fit.*



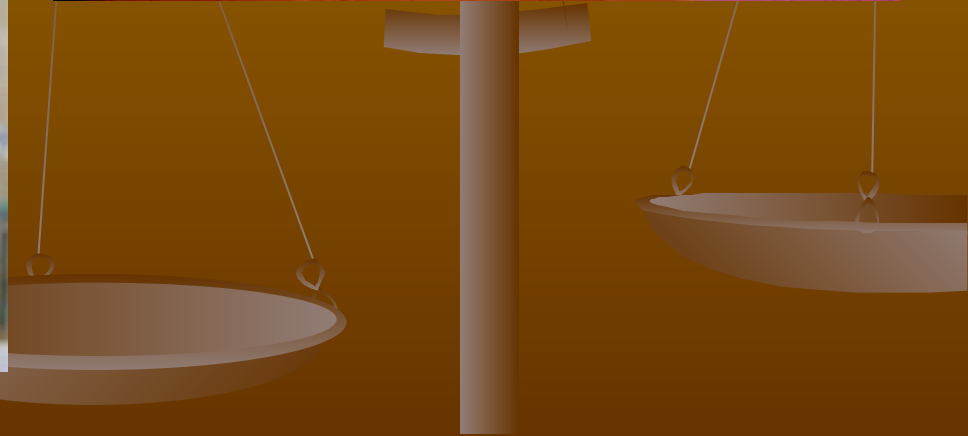
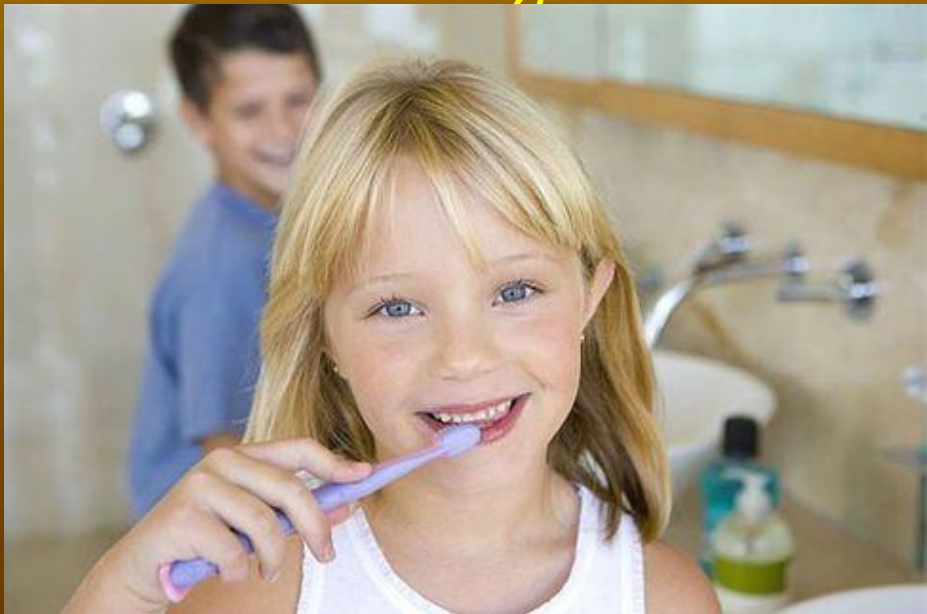
Health and Body Care

- *Never smoke to keep fit.*



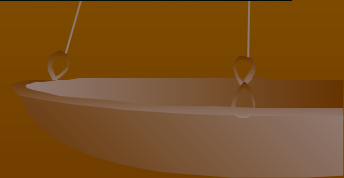
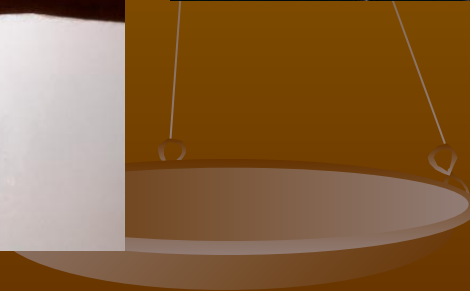
Health and Body Care

- *Clean your teeth every morning and every*



Health and Body Care

- Wash your hands before you eat to keep fit.



THE END

