

# Health and Body Care



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



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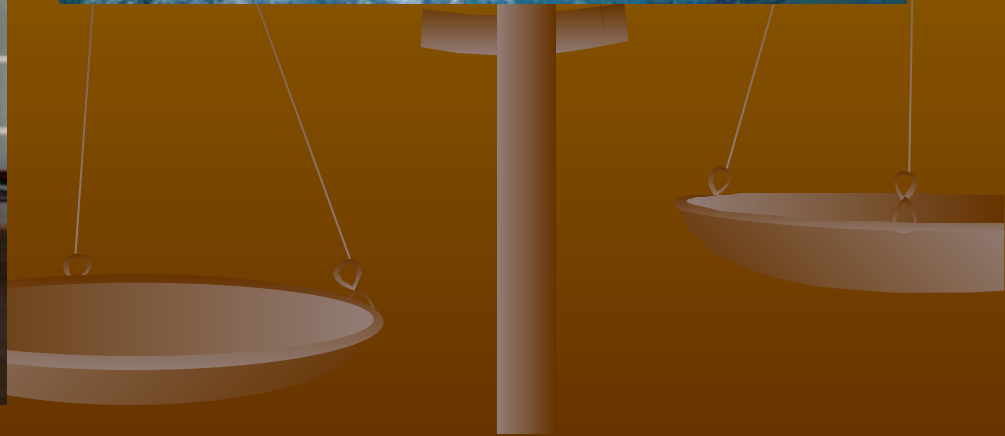
- *Nowadays people want to be strong and healthy*





# Health and Body Care

- *We should follow good rules, to keep*



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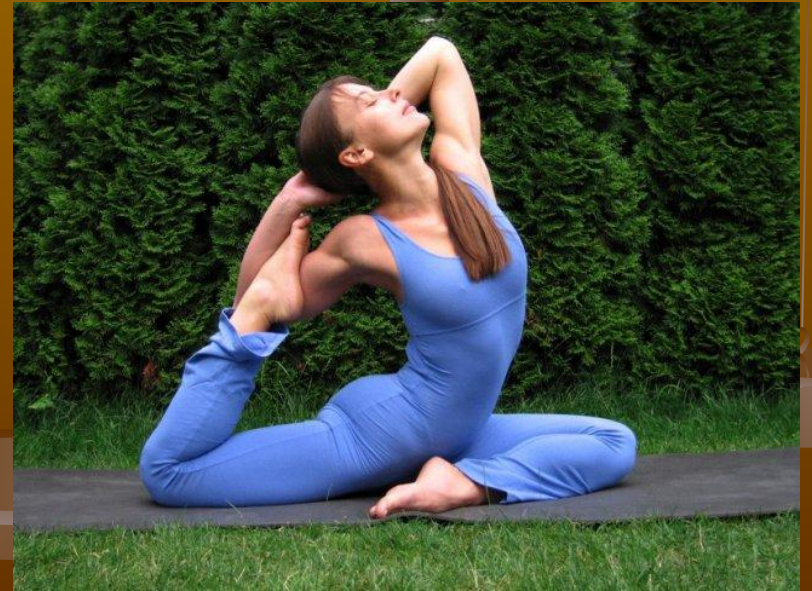
- *Get up early and go to bed early to keep fit.*





# Health and Body Care

- *Take regular exercises to keep fit*



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- *Take a cool / cold shower to*





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- *Eat healthy food to keep fit.*





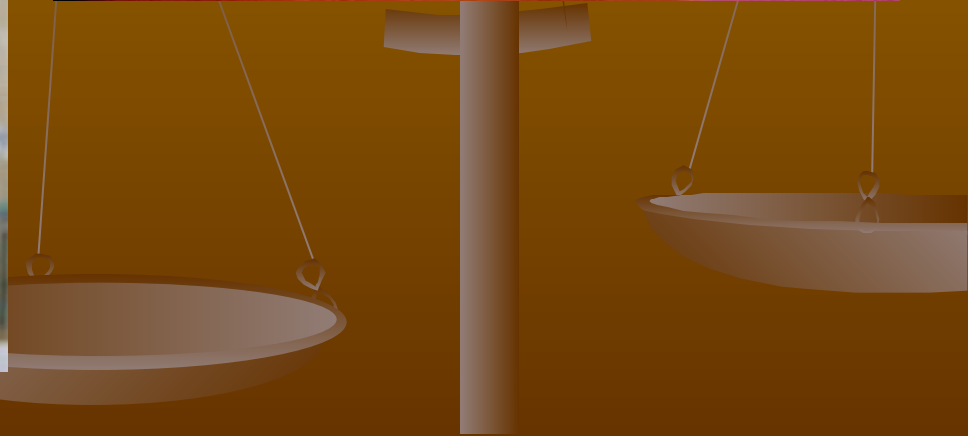
# Health and Body Care

- *Never smoke to keep fit.*



# Health and Body Care

- *Clean your teeth every morning and every*





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- Wash your hands before you eat to keep fit.



THE END

