MY BODY

Keep your body healthy



Eat well

Fruit and veg every day.



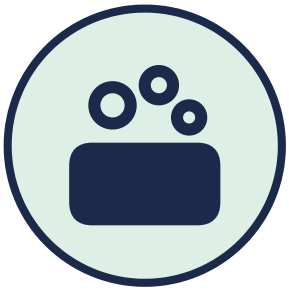
Move

Run, jump and play.



Sleep

Rest your body at night.



Wash

Clean hands, with soap.

Healthy habits make you feel great!

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