

Trying To Stay Healthy



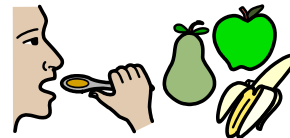
Eat a balanced diet



Drink plenty of water



Eat vegetables



Eat fruit



Get a good night's sleep



Keep fit and exercise



Do not smoke



Do not drink alcohol