

# HEALTHY ME



Brush your teeth  
after every meal.



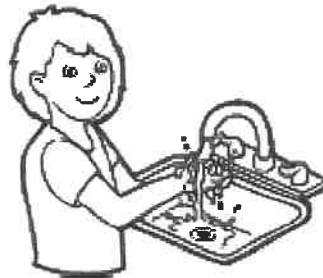
Exercise or be active  
every day.



Get enough sleep.



Eat healthful foods.



Wash your hands.

Wash my hands. Laugh lots.

Brush my teeth. Get exercise

Eat healthy. Sleep well.