

# Staying Healthy and Strong

To stay healthy and strong, you've got to:

- \*Get plenty of exercise.
- \*Eat food that is good for you. That means eating a lot of fruits and vegetables, only on special occasions “junk food.”
- \*Wash your hands after using the bathroom and before you eat.
- \*Take a shower or a bath regularly.
- \*Get a good night's sleep.

