

Here are some things that you can do to stay healthy

The classes will have **LEAST** expected to **LEAST** responsibility monitoring items 1 to 10.

Point	You	Your Partner
Exercise for 30 minutes every day.		
Drink plenty of water.		
Don't smoke.		
Go to the gym.		
Eat a balanced diet.		
Have fun and be happy.		
Visit your doctor regularly.		
Don't drink alcohol.		
Take some vitamins.		
Sleep for at least 8 hours every night.		