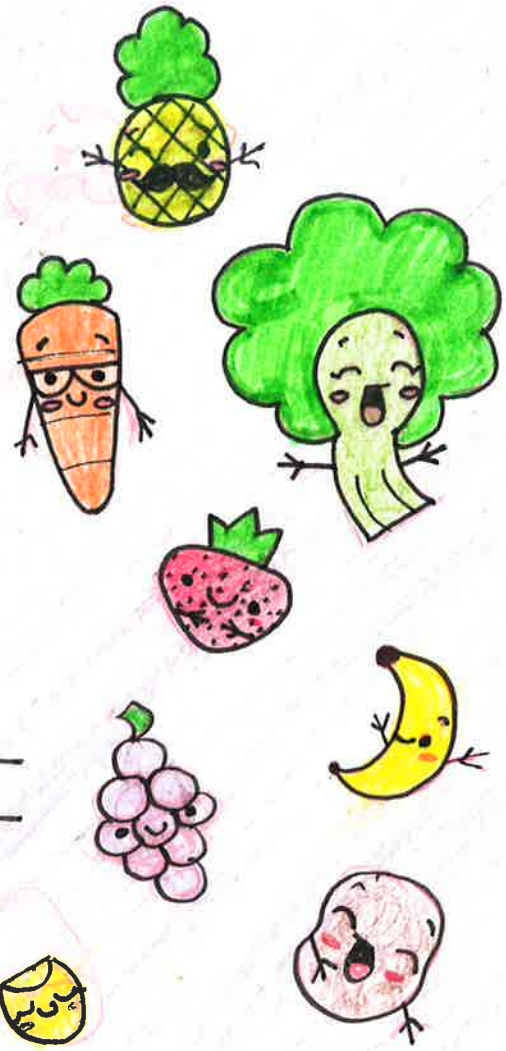
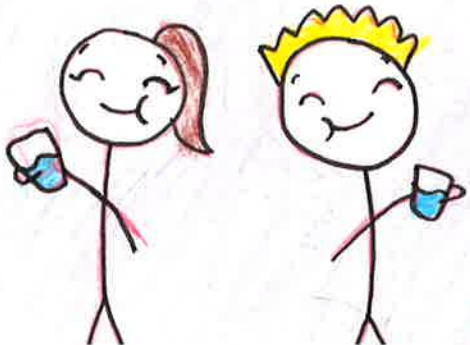
Ways to stay Active and Healthy...

- Eat your Fruits and Vegetables



- Exercise

And... Drink WATER while having FUN!