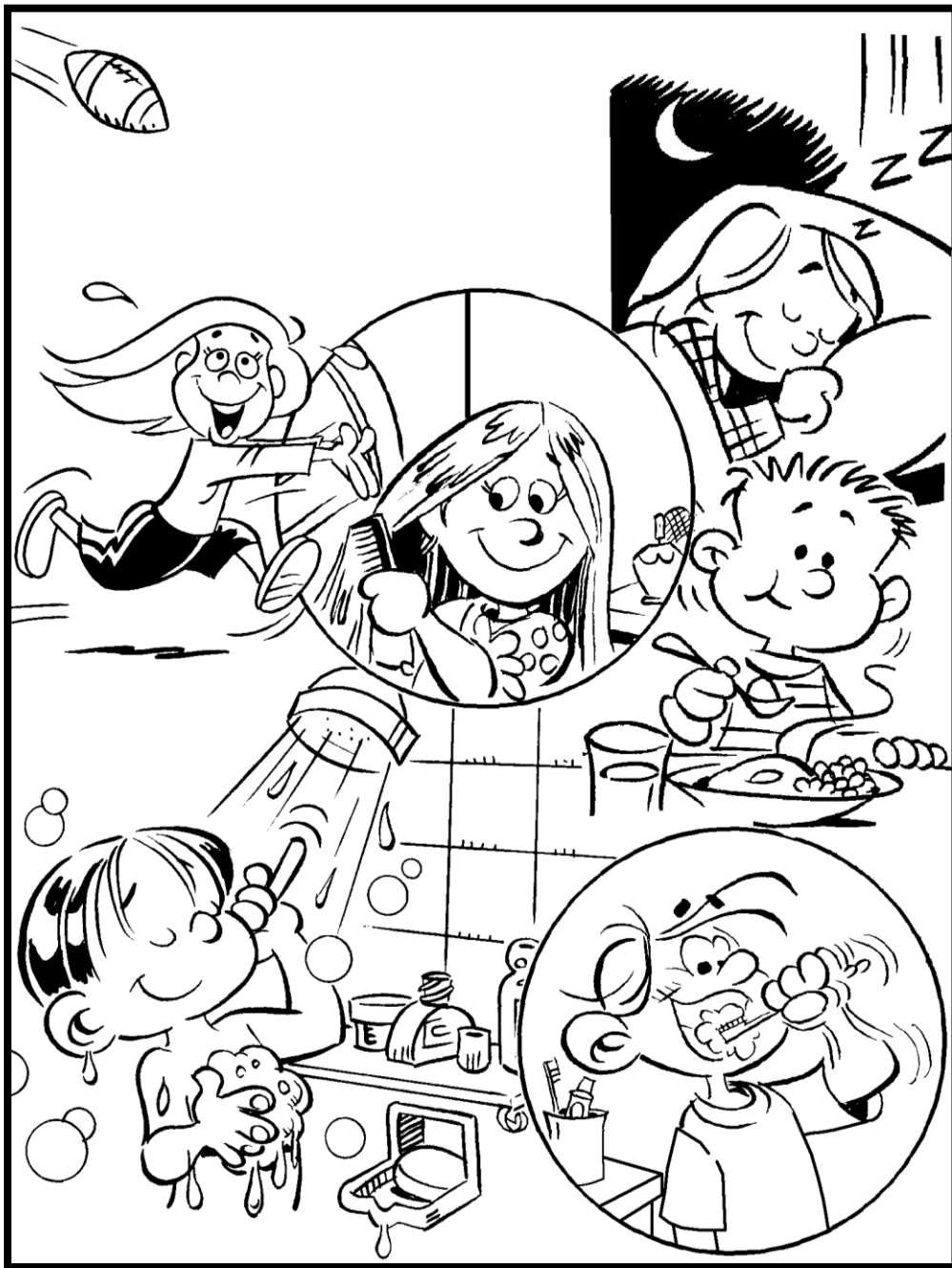


My Good Health Habits

好健康的习惯

Your body is an amazingly intricate and efficient machine, but it needs proper care to run well. You have to...

如果你不想生病，或有其他健康问题，就需要尽你的本分。你需要...



Eat right



饮食得当



Drink water

喝水



Get enough
sleep

睡眠充足



Exercise

经常锻炼



Wash your
hands

洗手



Brush
your
teeth

刷牙

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