

TIPS TO STAY HEALTHY

TIP # 1
STAY
CENTERED



TIP # 6
REDUCE
HEAT



TIP # 2
KEEP
MOVING



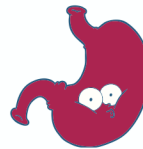
TIP #7
BALANCE
BOOZE



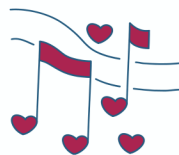
TIP #3
TRAVEL
SAFE



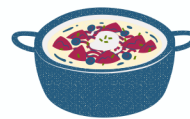
TIP#8
MANAGE
BLOATING



TIP # 4
HAPPY SONG
& WASH HANDS



TIP #9
MONO
DIET



TIP #5
SUPER
SPICES



TIP #10
GENTLE
ACCEPTANCE

