

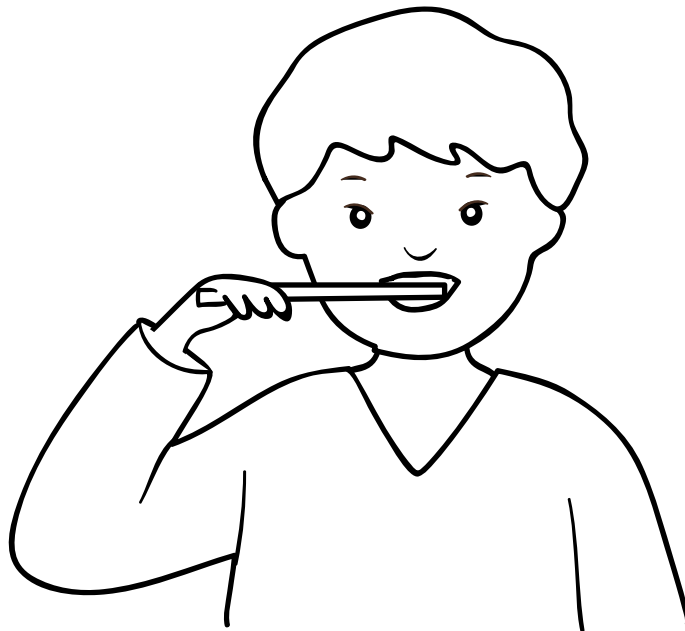
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# Healthy Habits

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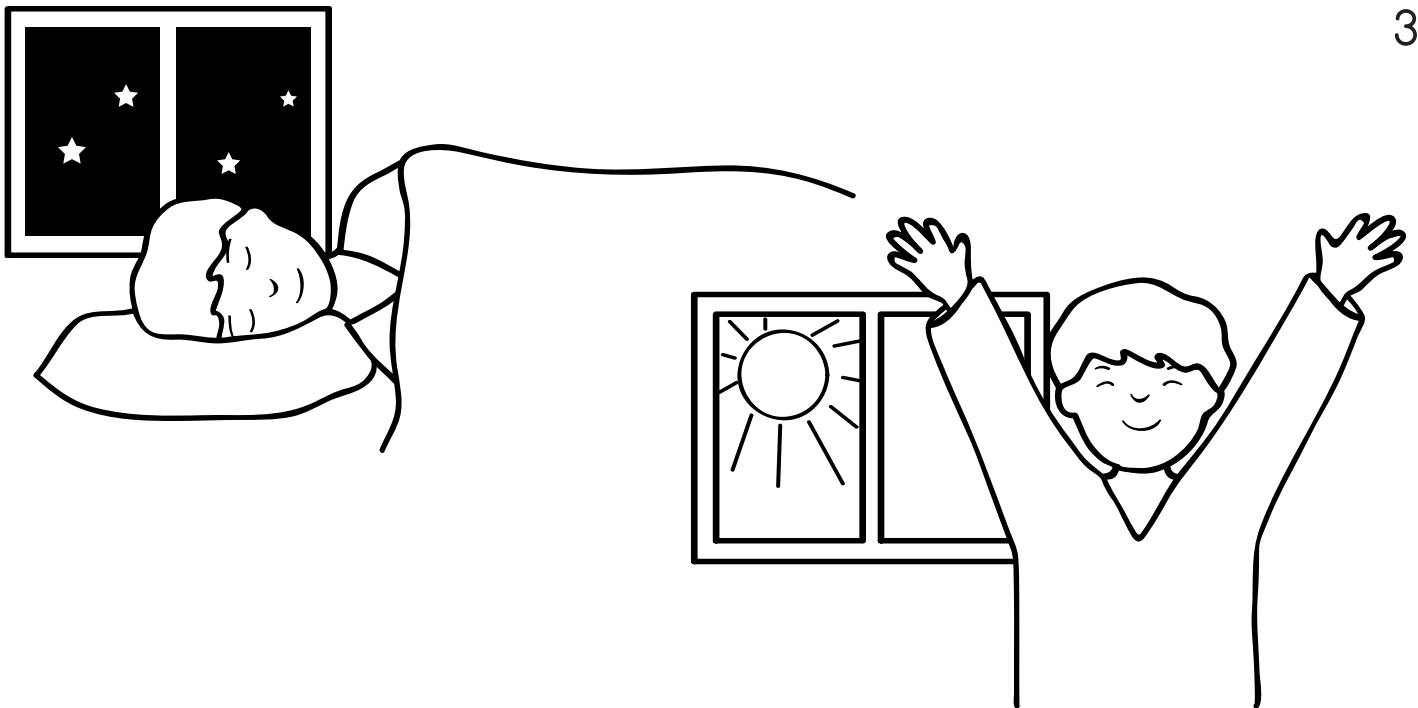
I brush my teeth three times a day.  
That's the way I stay healthy.

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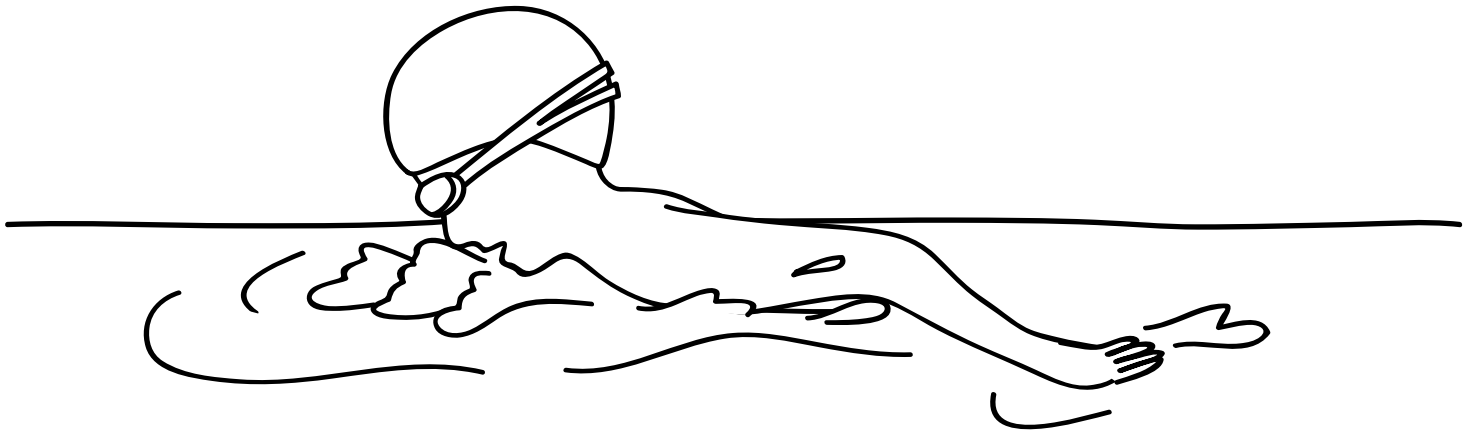
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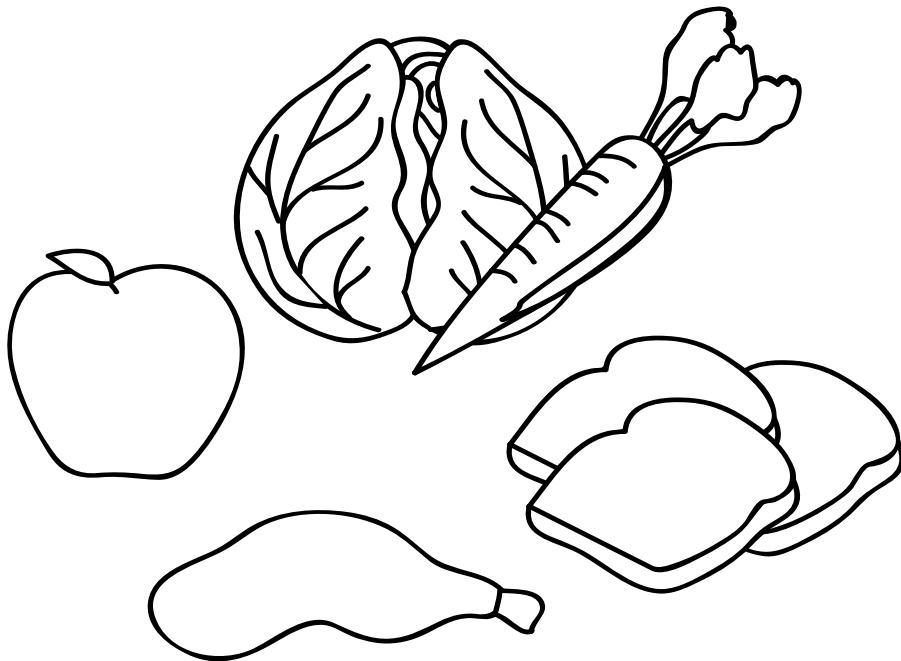
I wash my hands and face to keep them clean.  
That's the way I stay healthy.



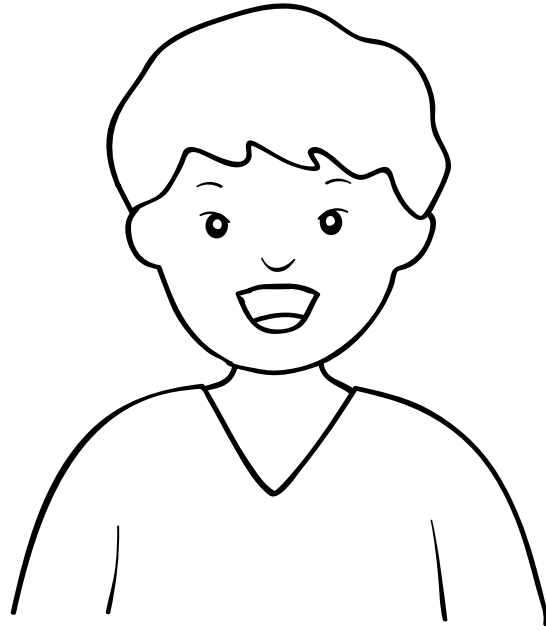
I sleep well every night and get up early.  
That's the way I stay healthy.



I do exercise every day to be strong.  
That's the way I stay healthy.



Fruits and vegetables, meats, and bread, I eat  
them every day. That's the way I stay healthy.



I feel great because I am healthy.  
How do you stay healthy?

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