Ways to improve your health!

1.) Brush twice a day!

2.) Dress right for the weather.

3.) Visit the dentist regularly.

4.) Get plenty of rest.

5.) Make sure your hair is dry before going outside.

6.) Eat right.

7.) Get outside in the sun every once in a while.

8.) Always wear a seatbelt.

9.)   Control your drinking of alcoholic beverages.

10.) Smile! It will make you feel better.
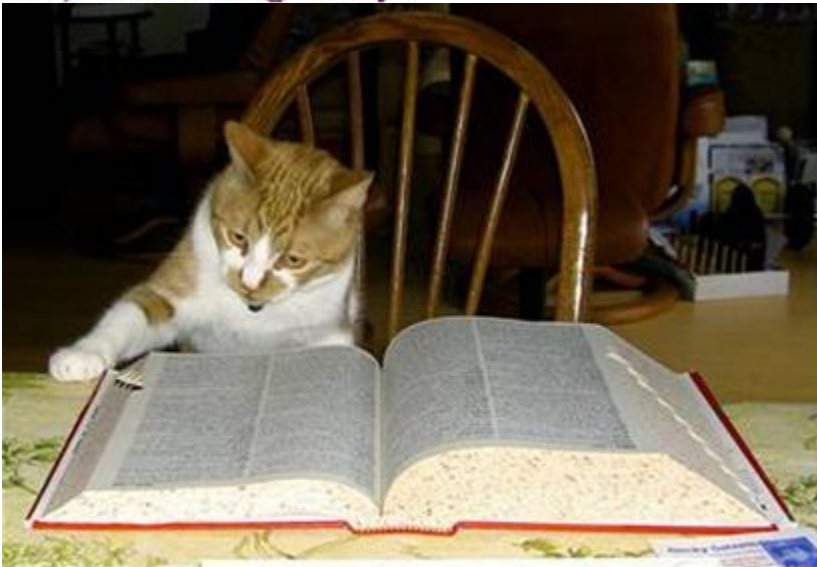

11.) Don't over indulge yourself.

12.) Bathe regularly.

13.) Read to exercise the brain.

14.) Surround yourself with friends.

15.) Stay away from too much caffeine.

16.) Use the bathroom regularly.

17.) Get plenty of exercise.

18.) Have your eyes checked regularly.

19.) Eat plenty of vegetables.

20.) Believe that people will like you for who you are.

21.) Forgive and forget.

22.) Take plenty of vacations.

23.) Celebrate all special occasions.

24.) Pick up a hobby.

24.) Love your neighbor as yourself.

Do all these things and you will be a happier, healthier person!