



## My body is so amazing.

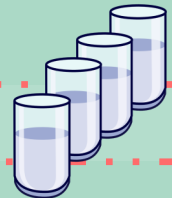
It allows me to do lots of great things like play, learn and have fun.

I must look after my body to keep it healthy so it can continue to do great things.

It is good to eat healthy food like fruit and vegetables and all of my meals, breakfast, lunch and dinner.



It's important to try to drink lots of water throughout the day.



It is good to exercise every day, a walk, run or jump on my trampoline.

At least 20 minutes of exercise a day will help my body stay fit and strong.



It is important to sleep well every night so that my body can rest.

It can help to do something relaxing before bed time like have a bath, read a story, look at a book or listen to some slow music.

When I look after my body I will grow big and strong and stay healthy.

Then I can do all of my favourite things!

