

HOW CAN I KEEP MY BODY AND MIND STRONG?

Your body and mind need both exercise and rest to stay strong.

Exercise can improve your appetite and can strengthen your muscles. It can reduce stress, and increase your energy.

You may get enough exercise from your daily work. Walking chopping wood, carrying water, etc is all exercise.



Exercise calms the mind and keeps the body strong.



**Rest helps your body and mind
If your body gets too tired, it cannot work well.**