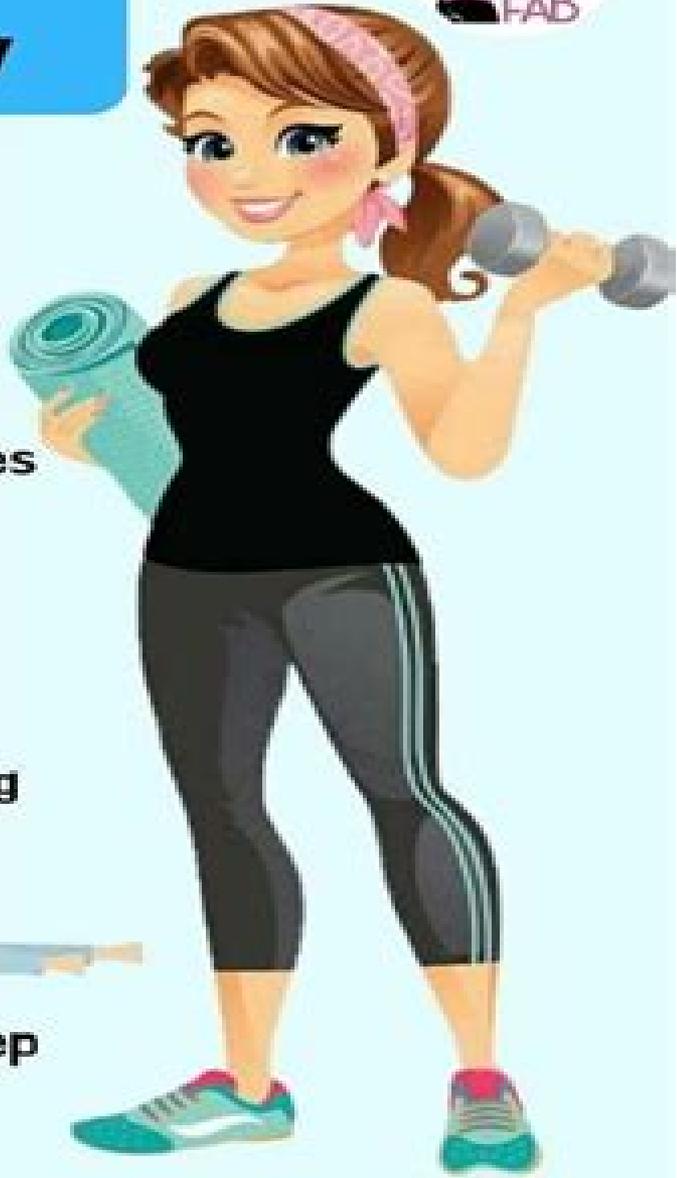


9

Tips For Fit And Healthy Body



Water intake



Brush teeth



More vegetables



No alcohol



Manage weight



No smoking



More fruit



Exercise daily



Proper sleep

Be Good To Your Body

JR Anderson



Be Good To Your Body:

Be Good To Your Body Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Be Good To Your Body**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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