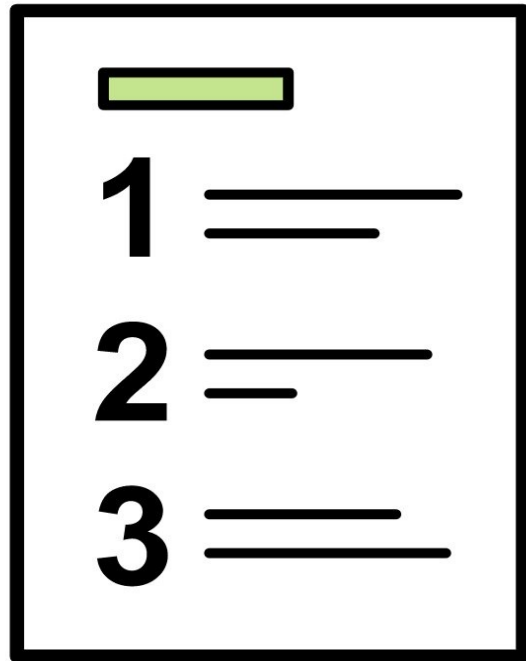




Planning for better health

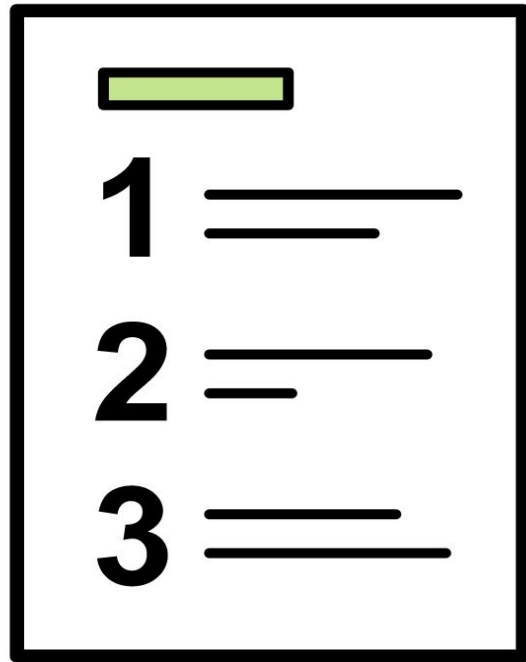


plan

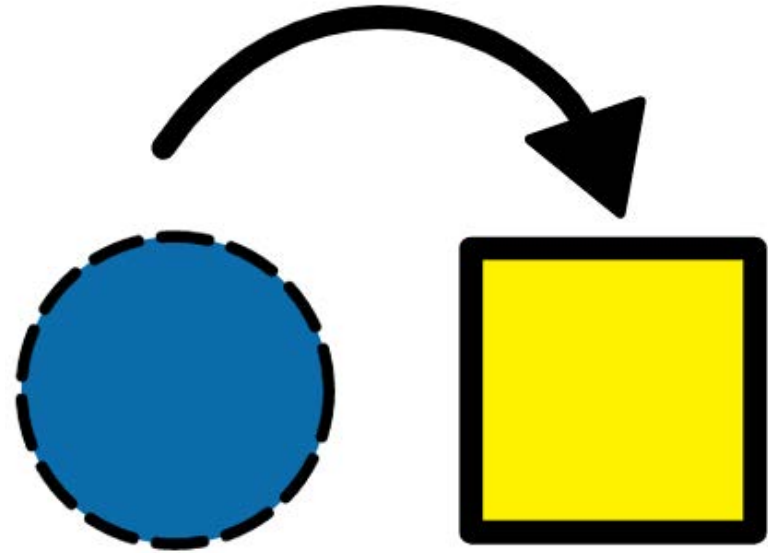


better health

People can plan to have better health.

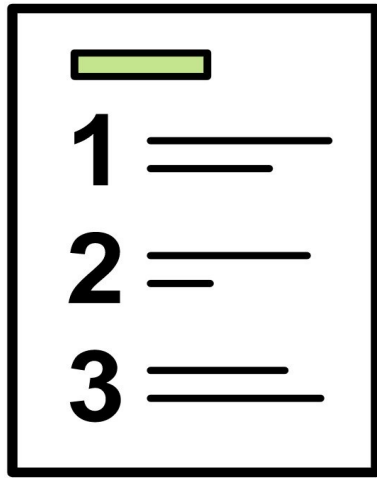


plan



change

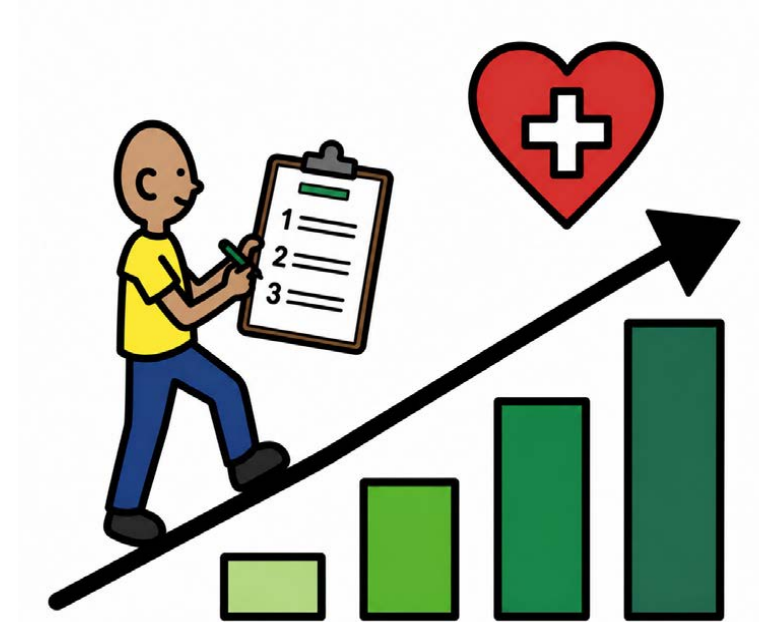
A plan is when people choose to change something they do.



plan

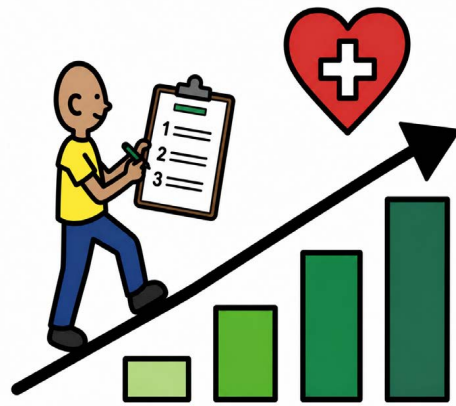


better health



health plan

A plan to have better health is called a health plan.



health plan



move



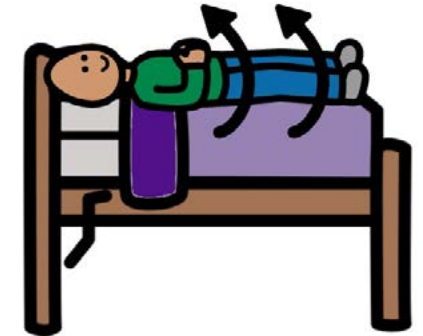
stretch



swim

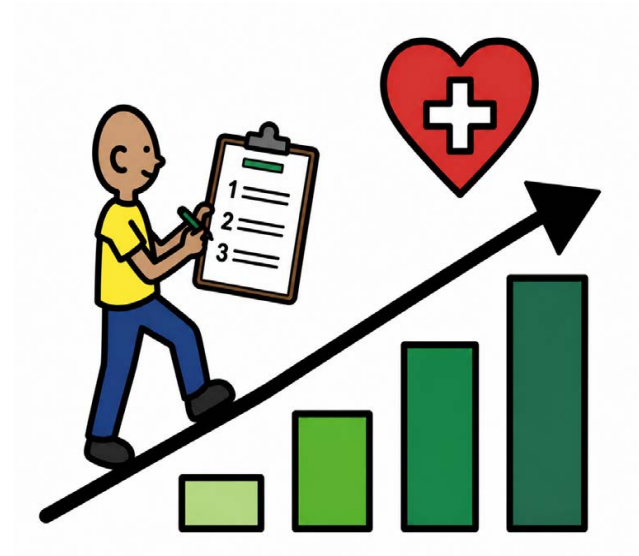


dance

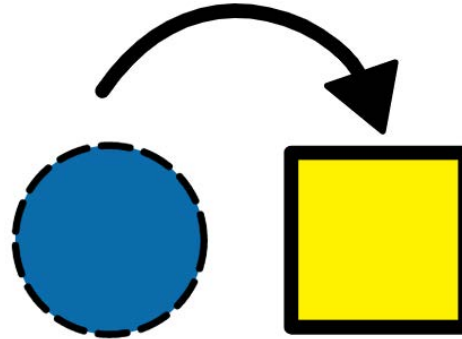


roll over

People can plan to have better health by changing the way they move.



health plan

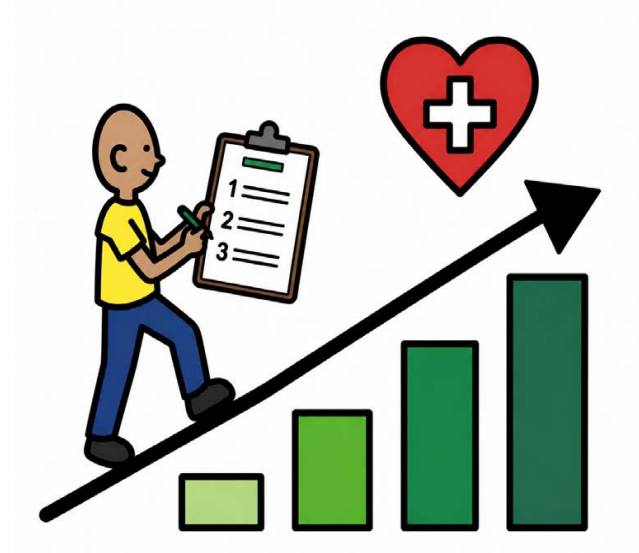


change

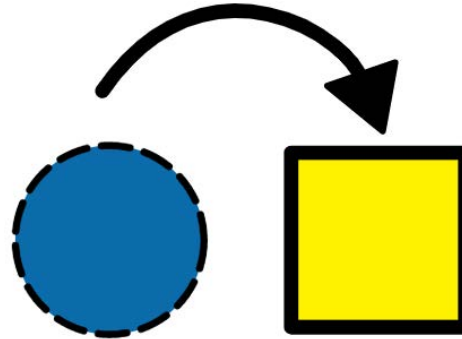


sleep

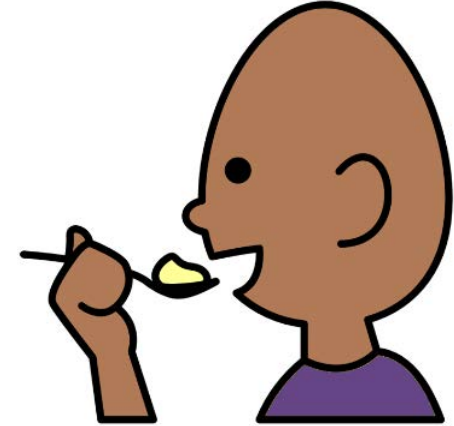
People can plan to have better health by changing how they sleep.



health plan

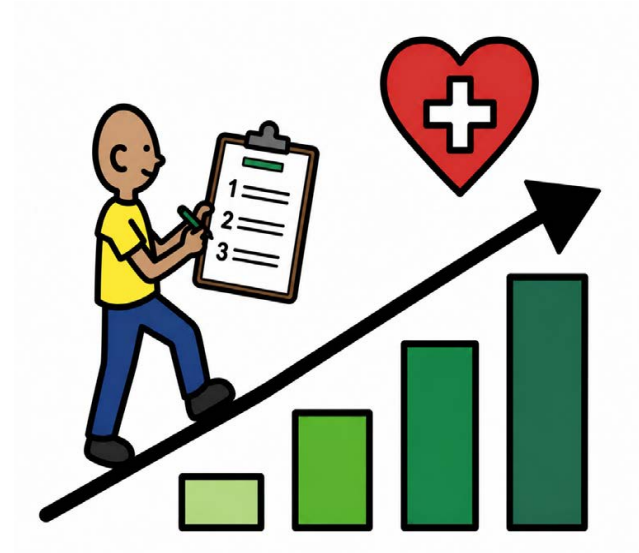


change

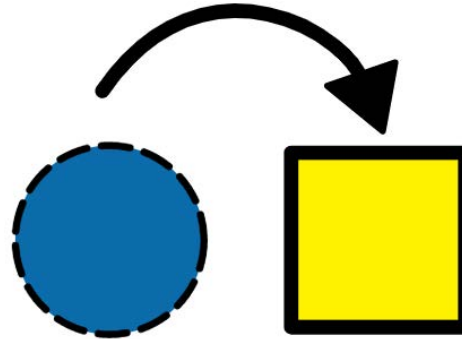


eat

People can plan to have better health by changing what they eat.



health plan



change



drink

People can plan to have better health by changing what they drink.

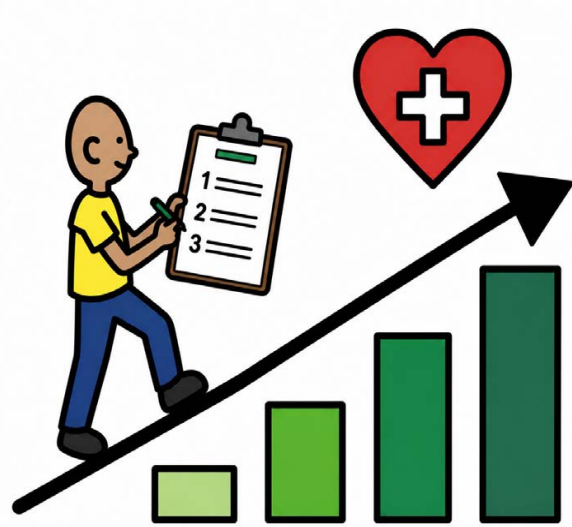


health plan

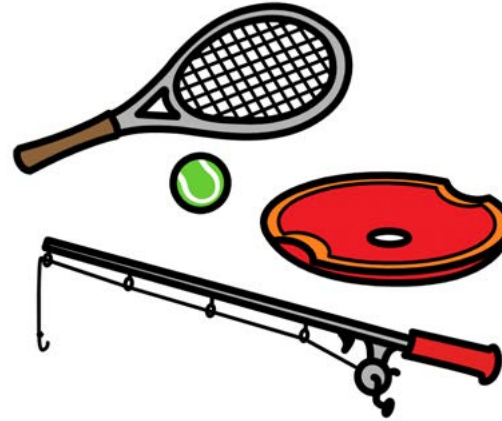


friends and family

People can plan to have better health by spending more time with people they like.



health plan

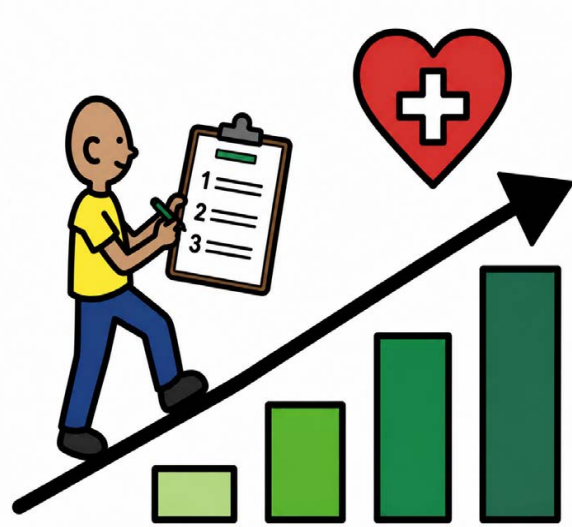


activities



I like

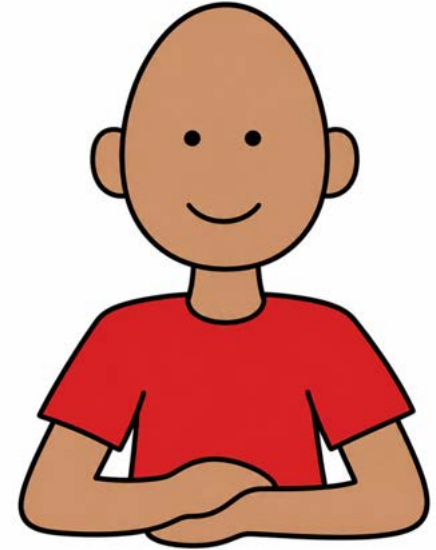
People can plan to have better health by doing more activities they like.



health plan

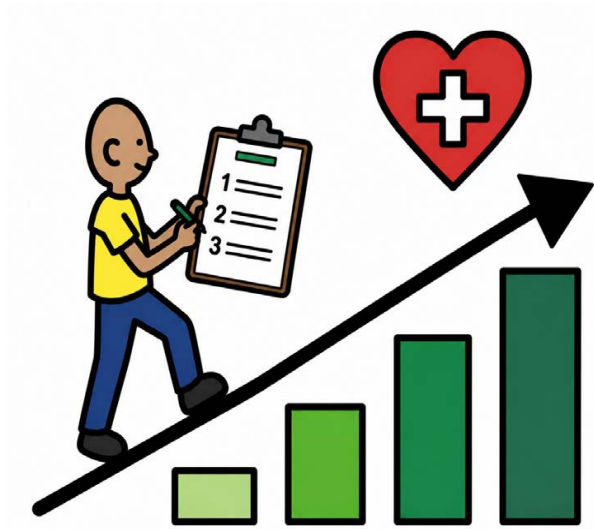


help



calm

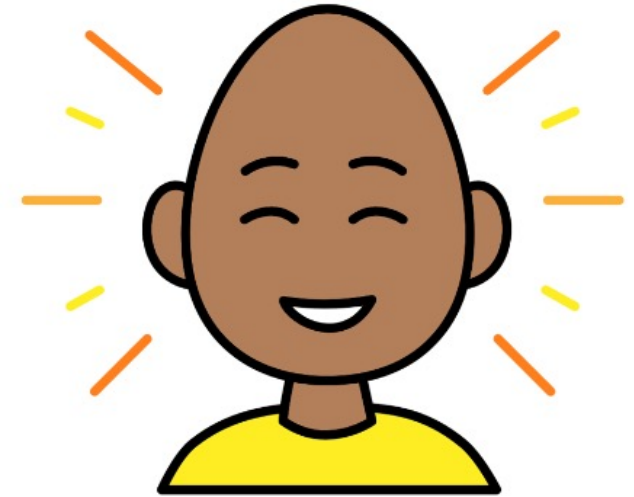
People can plan to have better health by doing things that help them feel calm.



health plan

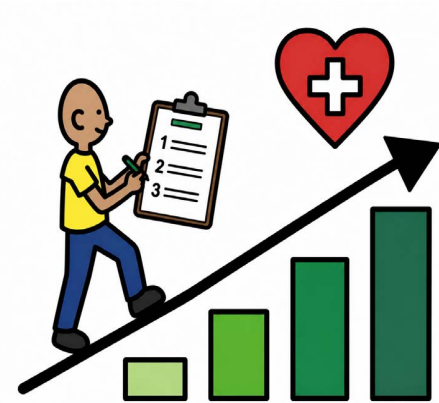


help



happy

People can plan to have better health by doing things that help them feel happy.



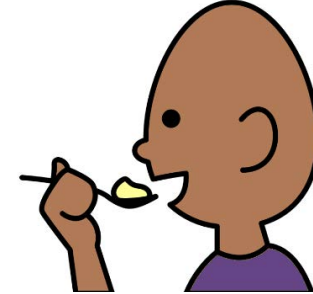
health plan



move



sleep



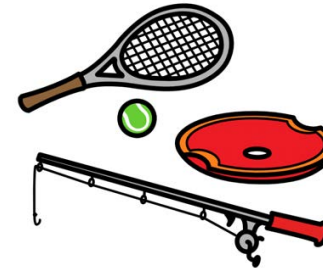
eat



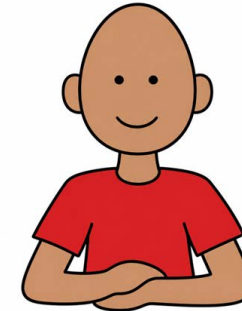
drink



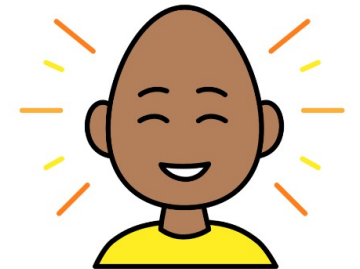
friends and family



activities

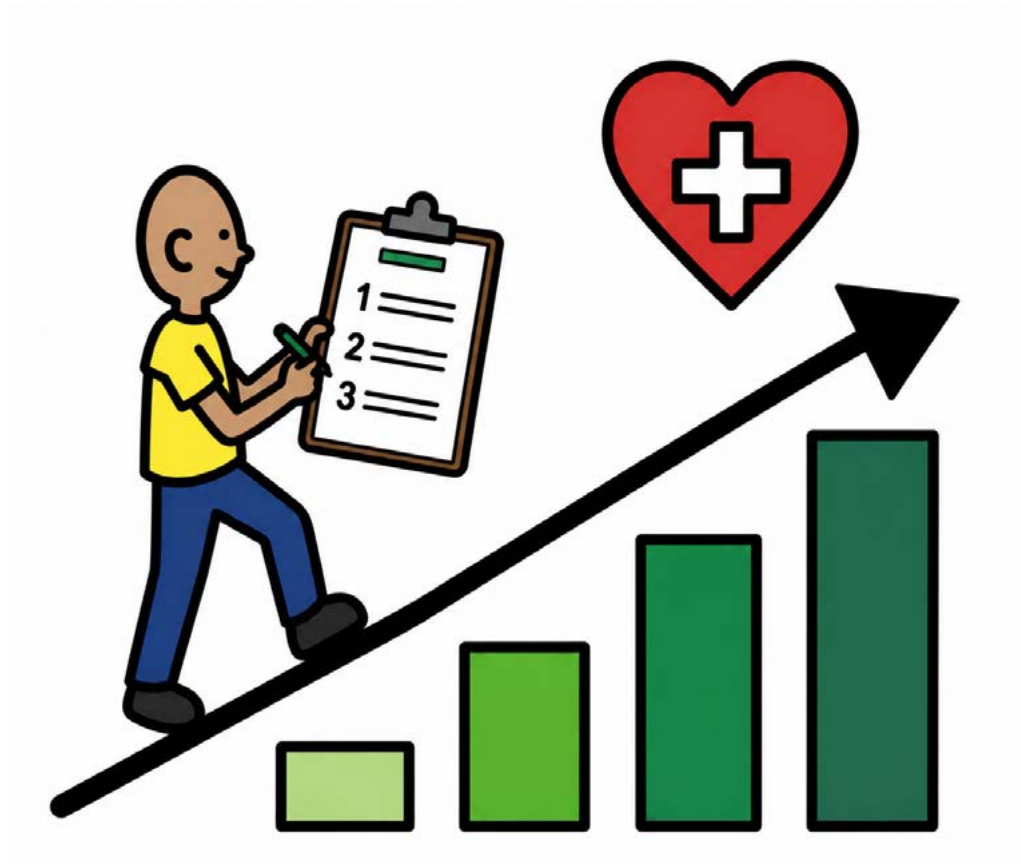


calm



happy

People can plan to have better health.



health plan

I wonder if you want to plan to have better health?



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