

Interested in healthy life?





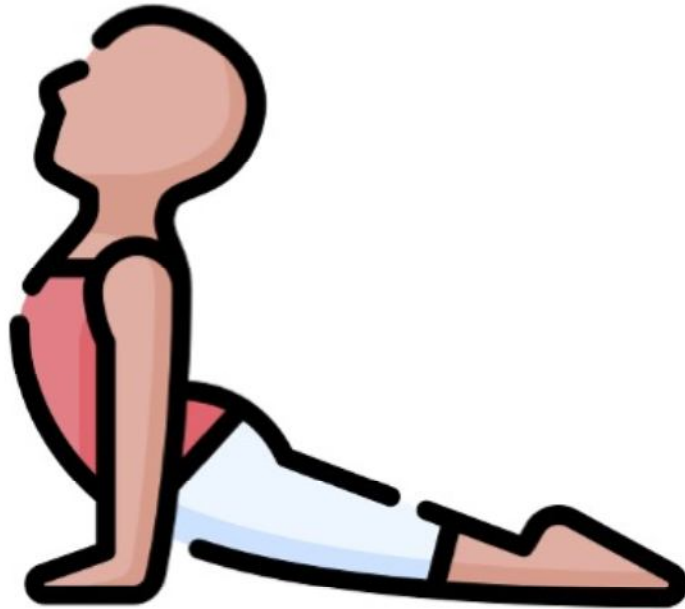
Do one thing
every day
that **scares** you.

Text, excerpt from "Wear sunscreen" by Mary Schmich.



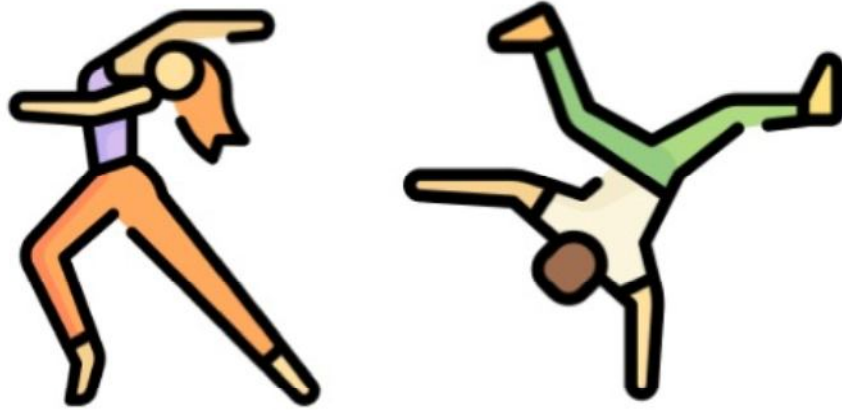
floss.

Text, excerpt from "Wear sunscreen" by Mary Schmich.



Stretch.

Text, excerpt from "Wear sunscreen" by Mary Schmich.



dance,
even if Y★ou have
n★owhere t★o d★o it
but Y★OUR li★ving R★oom.

Text, excerpt from "Wear sunscreen" by Mary Schmich.



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