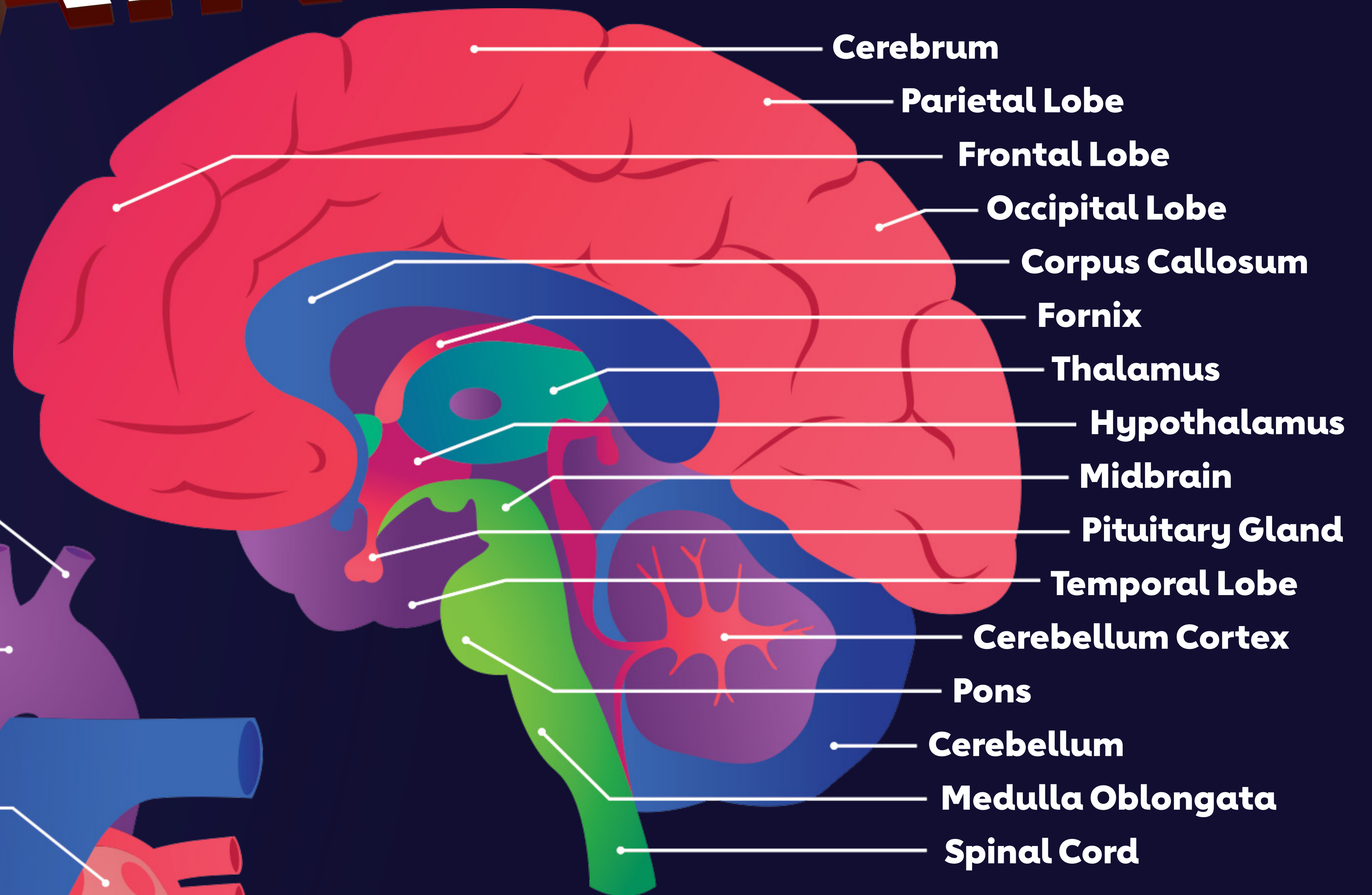
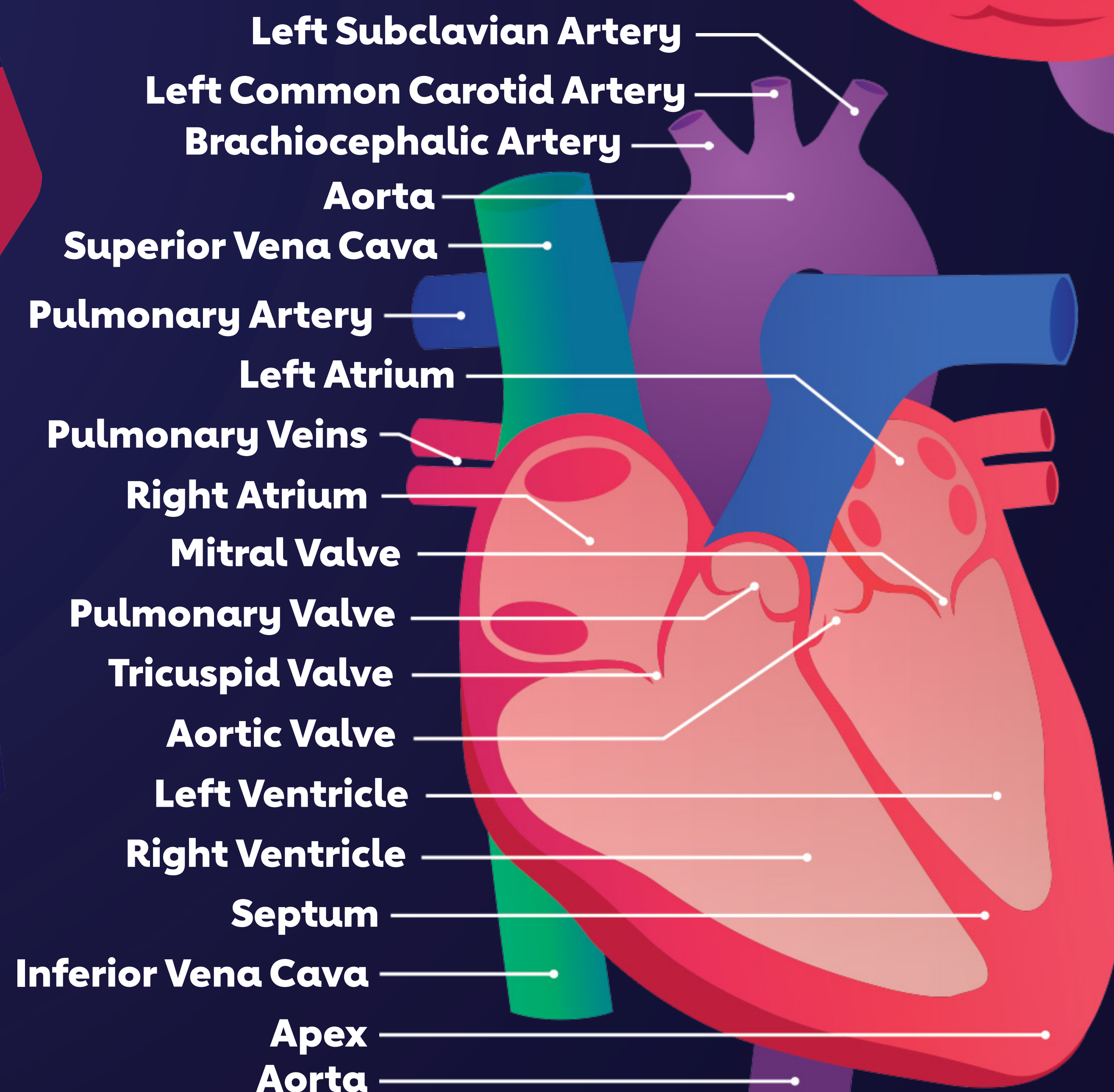


# YOUR BRAIN & HEART

## DID YOU KNOW?

Being physically active not only helps your body be healthy, but also helps you remember, think and just feel better!



## DID YOU KNOW?

Sleep is more important than you might think! Getting 9-11 hours each night can help your body build muscle, improve your immune system and give you more energy!

