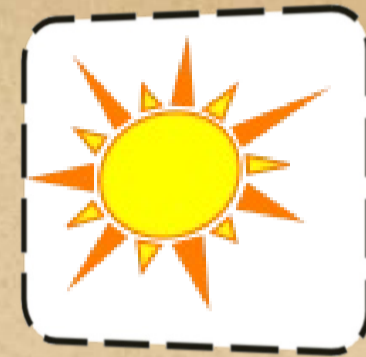


Eat an apple or other fresh fruit every day!



Exercise outdoors - enjoy the Nanaimo Sunshine!



A healthy diet helps with recovery and may prevent a recurrence!



Daily exercise helps with recovery



If it rains - walk with an umbrella!



Every day is a gift! Don't forget to unwrap it!



If you can run - just WALK!



Lots of sleep every night is good for your health! sorry if it doesn't make you rich!!



Laugh lots! If you wear a funny hat others will laugh at you!!



Keep smiling! It makes everyone wonder what you're up to!

