

# 6 Measures to Stay Healthy

6 little things,  
I'm here to tell thee,  
Measures they are,  
To keep you healthy !



**Move Around,**  
That's the easy one,  
Any physical activity,  
You can make it fun !



**Sleep 8 hours,**  
You will be decompressed,  
Recharge your body,  
Feel refreshed !



**Say No to Addiction,**  
Avoid risky substances,  
Be cautious,  
Know the consequences!



**Chill and Unwind,**  
It is stress relieving,  
Relax however,  
Get set, grooving!



**Eat Nutritiously,**  
Nourish yourself,  
Fresh is the best,  
Not ready from the shelf!



**Build a Social Circle,**  
Don't be shy,  
Have healthy connections,  
Give others a try !

Follow the 6,  
It's not a bet,  
Put them altogether,  
The Healthier you get !

- Nyneishia