

# KEEP FIT

1. Make sure to get from eight to ten hours sleep *every* night. Sleep in a quiet, well-ventilated room.
2. Eat well-balanced meals. Meats, eggs, fish are tissue builders. Sugar, whole grain cereals, starches produce energy. Butter, oils, and meat fats are heat producing foods. Vitamins and minerals are contained in abundant quantities in fruits, vegetables, meat, and milk.
3. Brush the teeth at least twice a day.
4. Wash hands and face frequently. Shower or bathe every day, especially during warm weather.
5. Maintain good posture when walking or sitting. Keep the back straight, stomach and head up. Avoid exaggerated postures.
6. Change underwear, shirt, and socks as often as possible; don't share a towel with others.
7. Drink plenty of water, but use it sparingly during exercise periods.
8. Before exercise, eat only light, easily digested food, if any. After exercise, do not eat a hearty meal within 30 minutes.
9. In cold weather, dry your hair carefully before going out of doors.
10. Cover mouth when sneezing or yawning.
11. Eat meals at regular hours. Don't stuff yourself. It is better to go away feeling slightly hungry. Come to the table well rested.
12. In exercising, be careful not to push yourself beyond your capacity.
13. Always walk with the toes pointed directly forward.
14. While studying, reading or writing, make sure the light comes from over your shoulder.
15. Change your handkerchief every day.
16. After an injury, see a doctor immediately.