

# healthy

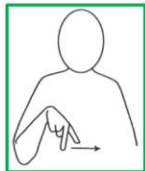
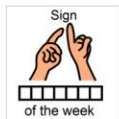


When we are well and fit, we are **healthy**.

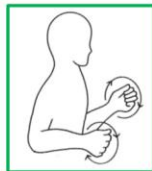
Eating fruit and vegetables helps us to be **healthy**.

Moving more helps us to be **healthy**.

We can have fun when we move more.



walk



run

(click to play)  
**healthy**



dance



play

