

**GIVE UP SOMETHING GOOD FOR
SOMETHING BETTER**

The healthy woman who takes care of her physical being, has strength and vitality; her temple is a fit place for her spirit to reside. Bodily ailments deprive us of the full exercise of our faculties and privileges and sometimes of life itself. It is necessary, therefore, to care for our physical bodies and to observe the laws of physical health and happiness.
David O. McKay

Ways to Care for My Body

Learn
Rest
Grooming
Nutrition
Exercise

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