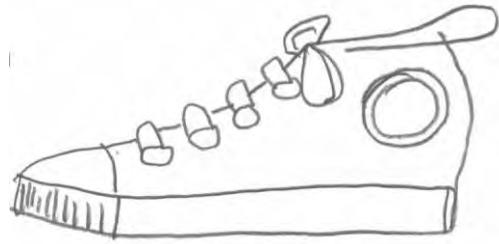


The Fabulous Four

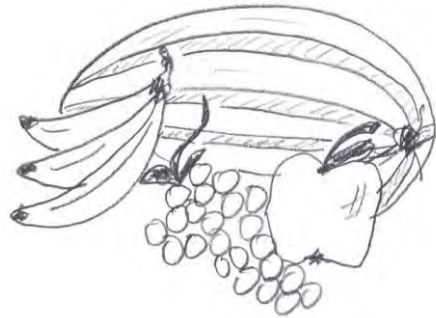
Poem

Healthy Me!

By Karen Seamons



To be healthy I must exercise (run in place),



Eat good food (pat tummy).

And brush my teeth (brush teeth with finger).



Staying clean and getting proper rest

(hands under head as though sleeping)



Helps me to be my very best!

(spread arms and hands out and reach towards the sky).

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