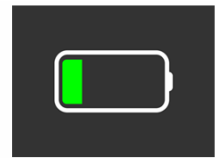


自動充電



MAKE EACH DAY YOUR
MASTERPIECE

Good Carbs
Whole-grain, oatmeal, & other fiber-rich grains



Bad Carbs
Refined grains, sugary cereals, sodas & sugary drinks, candies, ice-cream



EAT.
FEED YOUR BODY WELL AND GIVE IT HEALTHY FOODS. FEED IT PLENTY. FEED IT.

MOVE.
TAKE YOUR BODY AND MOVE IT! USE THOSE LEGS' MUSCLES' AND JOINTS! FEEL!



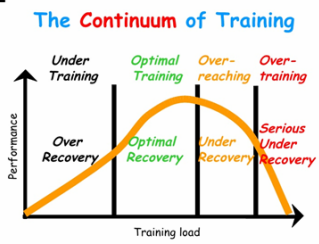
Top 11 Amazing Health Benefits of Sleep

1. Improves your memory
2. Extends your lifespan
3. Boosts your creativity
4. Strengthens your immune system
5. Reduces your risk for depression
6. Improves your physical performance
7. Sharpens your attention
8. Reduces your stress
9. Helps your body heal itself
10. Helps you lose weight
11. Makes you more alert



SLEEP.
GIVE YOUR BODY REST. THE BEST REST IS A GOOD SLEEP. GIVE IT TIME!

RELAX.
PAMPER YOURSELF WITH GOOD THINGS. KEEP AWAY THE CHEMICALS AND USE THE GOOD SCENTS.



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