6 Measures to Stay Healthy

6 little things,
I'm here to tell thee,
Measures they are,
To keep you healthy!

Move Around,
That's the easy one,
Any physical activity,
You can make it fun!

Sleep 8 hours,
You will be decompressed,
Recharge your body,
Feel refreshed!

Chill and Unwind,
It is stress relieving,
Relax however,
Get set, grooving!

Say No to Addiction,
Avoid risky substances,
Be cautious,
Know the consequences!

Eat Nutritiously,
Nourish yourself,
Fresh is the best,
Not ready from the shelf!

Build a Social Circle,
Don't be shy,
Have healthy connections,
Give others a try!

Follow the 6,
It's not a bet,
Put them altogether,
The Healthier you get!

-Nyneishia