# How to Stay Healthy

<table>
<thead>
<tr>
<th>Icon</th>
<th>Tips</th>
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</table>
| ![Sleep Icon](image1.png) | Get your rest!  
Sleep 8-10 hours a day. |
| ![Water and Apple Icon](image2.png) | Eat healthy and hydrate!  
Eat fruits and vegetables.  
Drink 8 cups of water a day. |
| ![Exercising Icon](image3.png) | Exercise!  
30 minutes a day. |
| ![Sick Person Icon](image4.png) | Stay away from sick people!  
Wash hands frequently. |
| ![Sun Icon](image5.png) | Decrease screen time!  
Spend time exercising outside. |