

Welcome to [Save Yourself from
getting ill]

My notes for you to NOT to get ill and live healthy fine :).
First. don't run a lot in any place while sun is available.

Second. Don't eat a lot of sweets and DON'T DON'T Drink water when you back
to house when you was for example walking out for 2 hours and you was so
thirsty. so when you arrive home. wait at least 20 minutes before drinking.

Third. Don't get from Cold to Hot. I.E When you are sweating and there is cold
air or even air. quick and go to safe place with no air. and relax while removing
your sweats.

Finally Thanks For Reading my first note Support me by buying please :) I'd
really be happy.

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Page 1 of 1