



# CONNECTION TO BODY



## Keep your body strong and moving

- You can keep active by doing online workouts, tik tok dance challenges, cleaning the house or going for a walk / jog if it is still safe to do so



## Eat healthy food

- Eat foods that are good for you, like vegetables, fruit, meats and fish
- Eat bush foods and medicines that keep you strong



## Get enough sleep

- Make sure you get enough sleep so your body can stay strong.



## Stop doing things that make you worry and take your strength away

- Cut back or stop drinking grog, and taking other substances like smokes

**#StayConnected**