

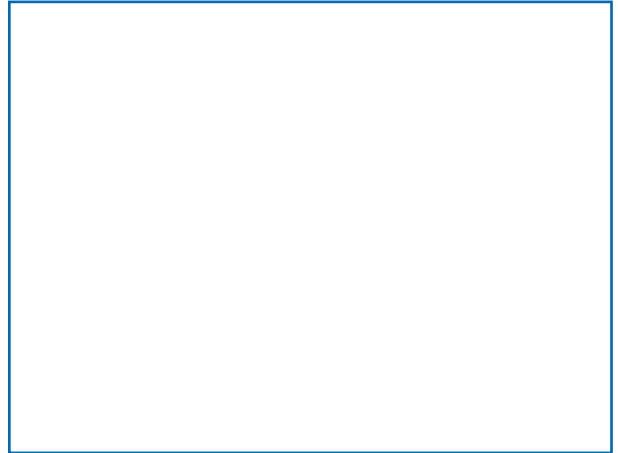
## HEILSURÆKT

Teiknaðu inn í kassana það sem þú gerir eða getur gert til að hugsa vel um líkamann og heilsuna.

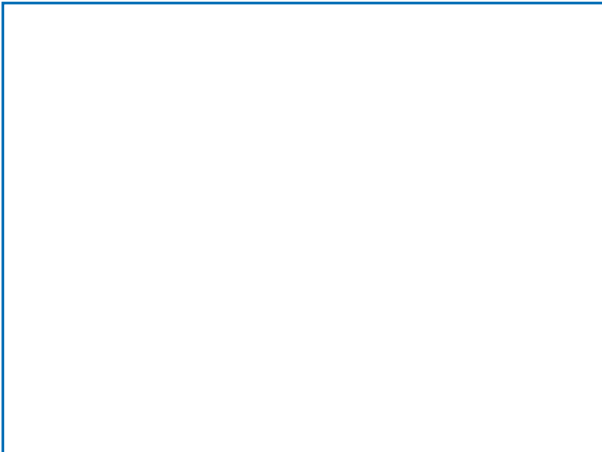
AÐ BORÐA



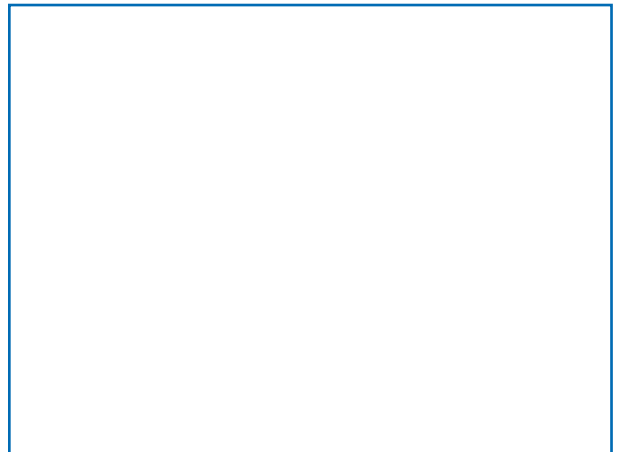
ÞVO SÉR



HVÍLA SIG



HREYFA SIG



HUGSA

