

10 LAWS

1	Eat lots of plants and animals.		6	Play.	
2	Avoid poisonous things.		7	Lift heavy things.	
3	Move frequently at a comfortable pace.		8	Get adequate sunlight.	
4	Sprint once in a while.		9	Avoid stupid mistakes.	
5	Get adequate sleep.		10	Use your brain.	

OLD SPARTAN FITNESS