**Code for a Healthy Body!**

In the box below, there is a code for a healthy body, but it is incomplete! Use the list of conditions here that, if done, make for a healthier body and fill in the blanks in the box to complete the code!

- **eat well**
- **practice gratitude**
- **take breaks**
- **move your body**
- **take deep breaths**
- **get out in nature**
- **sleep**

Hi! Esiw the Robot here! The lines below are formatted like conditional statements: these are lines of code that need the “if” (condition) to happen for the “then” action to happen! For example, for Line 1: what condition needs to happen first for your body to feel good?

**Line 1:** `if you (________ ________ ________), then body feelsGood;`

**Line 2:** `if you (________ >= 8 hours), then body notTired;`

**Line 3:** `if you (________ ________), then brain and body functionBetter;`

**Line 4:** `if you (_____ _____ ___ _________), then mind and body feelRefreshed;`

**Line 5:** `if you (________ _________), then body isEnergized;`

**Line 6:** `if you (________ _________ ________), then body relaxes;`

**Line 7:** `if you (________ _________), then life isGood;`