



Hi, I'm (Say Your First Name). I'm trying to win the **Lucid Force Health Center *This Is Beatable* 30-Second Basketball Challenge**.

Here is a list of things you can do to help keep from getting sick:

1. Wash your hands with soap and water when you get home.
2. Don't smoke or vape anything.
3. Adults should sleep at least 7 hours each night and kids should sleep 8-10 hours.
4. Eat more fruits and vegetables. Limit high glycemic foods, foods cooked at high temperatures and processed food.

Dr. Robles is a chiropractor that helps people with sports injuries get better faster and is the doctor who runs Lucid Force Health Center. Thanks for sponsoring this contest!