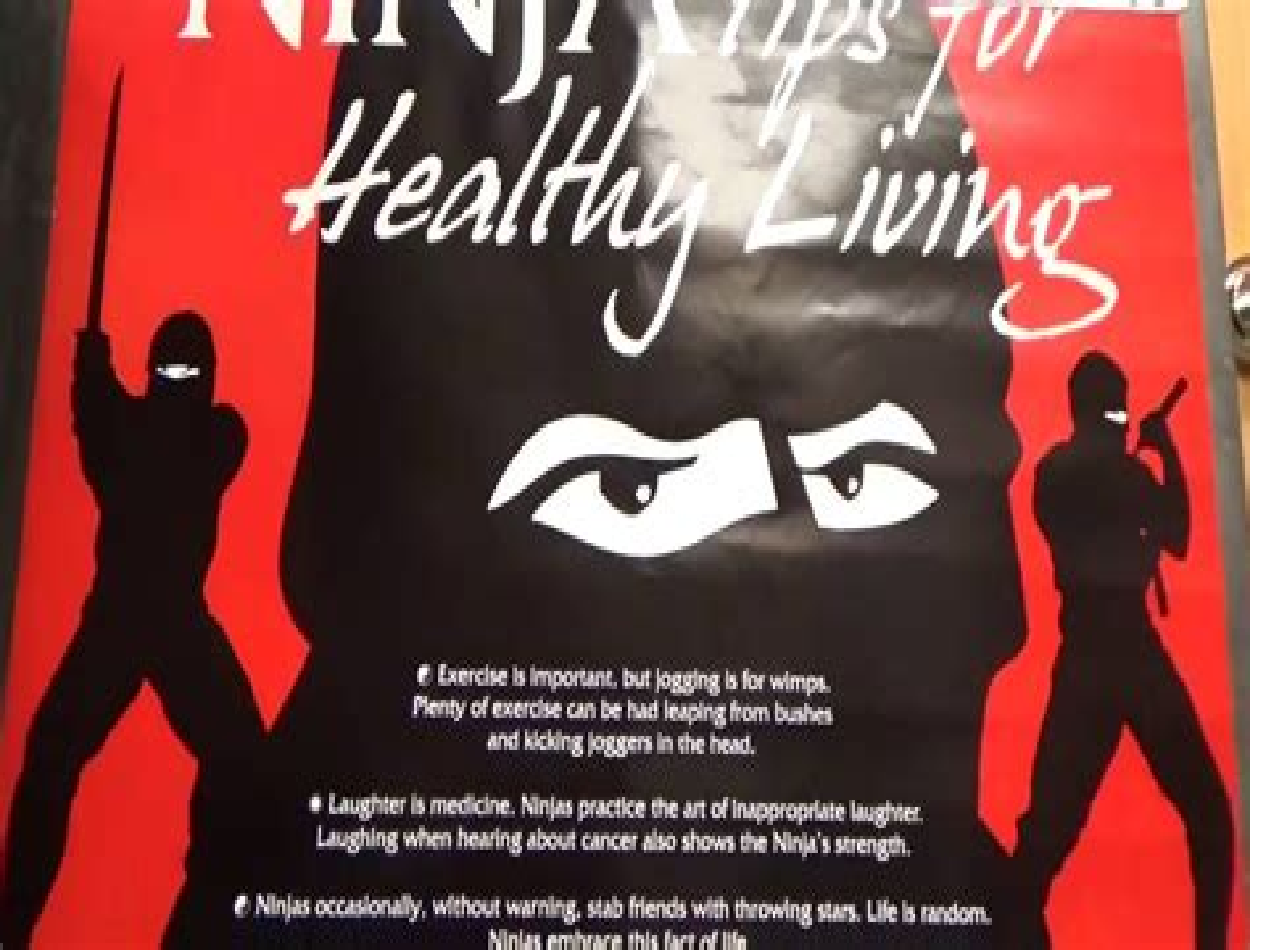


NINJA Tips for Healthy Living



• Exercise is important, but jogging is for wimps.
Plenty of exercise can be had leaping from bushes
and kicking joggers in the head.

• Laughter is medicine. Ninjas practice the art of inappropriate laughter.
Laughing when hearing about cancer also shows the Ninja's strength.

• Ninjas occasionally, without warning, stab friends with throwing stars. Life is random.
Ninjas embrace this fact of life.

Ninja Healthy Living Guide

A Gutmann



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