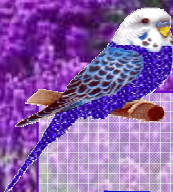




# 延年益壽十則







一句箴言：天下沒有偷懶可得的**健康**。



二句話：對於以往不愉快的事及逆境，不發牢騷，不念舊惡。  
對於未來的日子沒有奢望，但求平安幸福。



三養：保養，營養，修養。



四忘：忘記年齡，忘記錢財，忘記子孫，忘記煩惱。





五福：有健康身體謂之福，有興趣讀書謂之福，  
有知己好友謂之福，  
有人惦念你謂之福，做喜歡做的事謂之福。



六喜：一喜退而不休，二喜兒女獨立，三喜無欲則剛，  
四喜問心無愧，五喜好友甚多，六喜心情不老。



七樂：知足常樂，閒中作樂，自得其樂，及時行樂，  
助人為樂，行善是樂，平安最樂。



八點：嘴巴甜一點，腦筋活一點，脾氣小一點，度量大一點，  
心放寬一點，做事多一點，說話輕一點，微笑多一點。





九常：齒常叩，津常咽，鼻常揉，眼常動，面常搓，  
足常磨，腹常旋，肢常伸，肛常提。

健康十則：少肉多菜，少鹽多醋，少糖多果，少食多嚼，  
少衣多浴，少言多做，少欲多施，少憂多眠，  
少車多行，少氣多笑。



## You light up my life



So many nights, I'd sit by my window,  
Waiting for someone to sing me her song.  
So many dreams, I kept deep inside me,  
Alone in the dark,  
but now you've come along.

And you light up my life,  
You give me hope, to carry on.  
You light up my days  
And fill my nights with song.

Rollin' at sea, adrift on the waters  
Could it be finally, I'm turning for home  
Finally a chance to say,  
'Hey, I Love You'  
Never again to be all alone.

And you light up my life,  
You give me hope, to carry on.  
You light up my days  
And fill my nights with song.

You, you light up my life  
You give me hope to carry on  
You light up my days  
And fill my nights with song  
It can't be wrong,  
when it feels so right  
Cause you, you light up my life

*Singer:*  
*Leann Rimes*

