



**If you take care
of your body, it'll
take care of you.**

Usher



Usher is a musician who started singing in the church choir when he was six. His first album - released when he was 15 - almost didn't happen after he lost his voice and almost got dropped from the label. He has since gone on to sell 43 million albums worldwide.

P.S. There's more help with healthy eating in the Start Bouncing section of the Bounce Back website: www.bouncebacknewham.co.uk