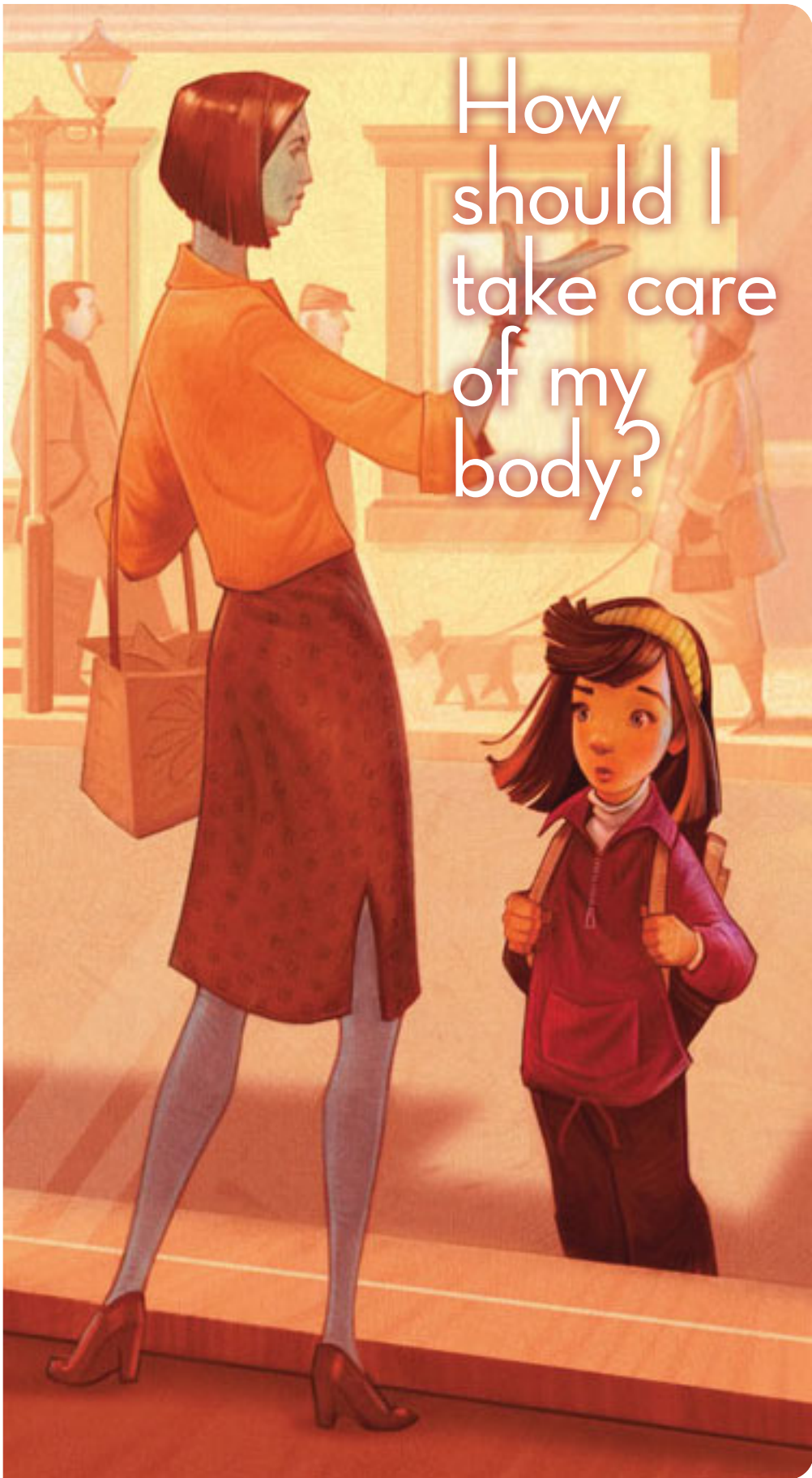




President Boyd K. Packer, President of the Quorum of the Twelve Apostles, shares some of his thoughts on this subject.

How should I take care of my body?



Avoid immodest clothing. Dress and groom to show the Lord that you know how precious your body is.



You would not paint a temple with dark pictures or symbols or graffiti or even initials. Do not do so with your body.



Avoid habit-forming stimulants, tea, coffee, tobacco, liquor, and drugs.



Keep yourselves worthy. Stay away from those environments, the music, the films, the videos, . . . and the associations that draw you into immoral conduct.

*From "Ye Are the Temple of God,"
Ensign, Nov. 2000, 72–73.*