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.