

# WHY IS IT IMPORTANT TO BRUSH AND FLOSS YOUR TEETH?

- A. You will have cleaner teeth and a brighter smile.
- B. It helps you be a faster runner.



# WHY IS IT IMPORTANT TO BRUSH AND FLOSS YOUR TEETH?

**A. You will have cleaner teeth and a brighter smile.**

B. It helps you be a faster runner.

# WHY IS IT IMPORTANT TO BRUSH AND FLOSS YOUR TEETH?

## Also...

- Fresh breath
- Healthy, firm gums
- Reduces tooth decay
- Reduces gum disease
- Helps your heart

**What is the healthiest decision I could be making related to my teeth?**

