

Healthy Lifestyle

Rules for healthy _____:

1. Wash your _____ frequently
2. Now, due to CORONAVIRUS, we must wear _____
3. Have _____ with your family doctor
4. Make sure your _____ are up to date
5. Visit your _____ and _____ regularly
6. Do some _____ for making your muscles and bones _____



Good habits

1. Sleep _____ hours at night
2. Organise your free _____ (_____ a book, do _____, play outside...)
3. Do not eat _____
4. Learn about the health _____ tobacco, alcohol...