

TO STAY HEALTHY WE HAVE TO FOLLOW THESE HABITS .

MARK THE GOOD AS **G** AND BAD AS **B**

<b>PLAY</b> 	<b>MOBILE AND TV</b> 	<b>RUN,JUMP,HOP AND SKIP</b>
<b>EAT WELL</b> 	<b>FRUITS AND VEGETABLES</b>	<b>JUNK FOOD</b>
<b>DRINK WATER</b> 	<b>1 GLASS A DAY</b>	<b>5 GLASSES A DAY</b>
<b>SLEEP WELL</b> 	<b>LATE AFTER 10:00 PM</b>	<b>EARLY BY 9:30 PM</b>
<b>EXERCISE</b> 	<b>DAILY</b>	<b>ONLY SOME TIMES</b>