

Health habits



Instructions: match the sentences from the first column with the correct sentence from the second column

1. If you drink water,

a. your fitness improves.

2. If you get enough sleep,

b. your muscles stay flexible.

3. If you exercise regularly,

c. your eyes feel less tired.

4. If you meditate,

d. your body stays hydrated.

5. If you use sunscreen,

e. you feel well-rested.

6. If you rest from screen time,

f. your mind becomes calmer.

7. If you stretch,

g. you prevent sunburn.

