



Spend less time  
playing computer  
games!

Eat less  
junk food.

Do more  
exercise!

Wash your  
hands more.

Watch  
less TV.

Sleep  
more!

### 3 Look at the article on the *Teen Health* website. Fill in the blanks to complete their top six health tips.

1 \_\_\_\_\_

Staying in shape is our most important tip. You can play football, or even go for long walks. It's OK, but make sure it's three times a week or more!

2 \_\_\_\_\_

Getting plenty of rest is really important! It helps you to avoid depression and it helps you to concentrate at school. You'll also be fresher in the mornings!

3 \_\_\_\_\_

You are what you eat! So make sure it's healthy food like fruits and vegetables, not junk food. It can help you to avoid obesity too.

4 \_\_\_\_\_

It's so easy to get flu. We should all try to keep clean more. Then flu will find it harder to spread!

5 \_\_\_\_\_

There are some great things to watch. But too much isn't good for you or your eyes.

6 \_\_\_\_\_

Many of us love computer games, but we should spend less time playing them. Limit your time to just one hour, two or three days a week, or less.



LIVE **WORKSHEETS**