

## Living A Healthy Lifestyle

Name: \_\_\_\_\_ Teacher Name: \_\_\_\_\_

Once you complete the assignment click finish.

Fill in the blanks:

You should have at least an \_\_\_\_\_ of physical activity every day!

You need at least \_\_\_\_\_ hours of \_\_\_\_\_ at night!

**Instruction:** Write yes if the Despicable Me characters are demonstrating how to live a healthy lifestyle and no if the Despicable Me characters is not demonstrating how to live a healthy lifestyle.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

**Instructions:** List the components of a healthy lifestyle.

Components of a healthy life:

- \_\_\_\_\_
- Exercise regularly
- Balance Diet
- \_\_\_\_\_