

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
- _____