

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

We asked doctors and health experts around the world for their top health tips. Do you want to know how you can stay healthy? Then read on!



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.



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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.



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