Name:

Read, Choose, Speak

Complete the simple steps that doctors recommend to avoid disease:

1. Wash your _____ often, at least 8 times a day, using _____.
2. Work out at least a half hour three times a _____.
3. Maintain a balanced _____ (don't eat too much fast food or instant food, and don't _____).
4. Get a medical check-up twice a _____.
5. Rest when you are _____.
6. Get plenty of _____ (eight hours a day is preferred, and certainly more than six hours a day). If you nap during the day, keep it short (less than an hour).
7. _____ as often as possible. Laughter is the best _____.

medicine	week	sleep	soap	Laugh
hands	tired	overeat	diet	year

LIVEWORKSHEETS

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