

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	overeate	diet	year

