GIVE THE ADVICE

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. .....

Getting plenty of rest is really important! It helps you to avoid depression and it helps you 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.

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 and your eyes.

6. .....

Finally, at number 6, we all love them, but many of us need to spend less time playing computer games! Limit your time to just an hour or two, two or three days a week, or less!

LIVEWORKSHEETS