Listen to how to stay healthy!

It is easy to stay healthy. Please listen to this message and follow my ideas for being healthy.

1) **Diet:** ..... a healthy diet. ..... lots of fruits and vegetables. .... fast food or lots of sugar. .... from fried foods too. ..... lots of water. Don't ..... too much caffeine or sugary drinks like soda.

2) **Sleep:** ..... plenty of rest. ..... at least six hours a night. .... to sleep too late. ..... to bed and .... at the same time every day. .... in bed. Also, ... your phone from bed.

3) **Stress:** .... too much. Each day, ... time to relax. ..... a walk, ... and ..... the sunset, ... with friends and family. .... too much time on social media.

4) **Exercise:** ..... some exercise at least three times a week. ..... for run, ... a gym, or ..... on a sports team. ..... to work if you can. ..... a bicycle and ..... long bike rides. .... on weekends. Just .... on the couch and ..... TV.

5) **Health:** ..... a doctor once a year. ..... to your doctor. ..... her advice. .... to see a doctor if you feel sick.

..... these things and you can be happy and healthy too!

LIVEWORKSHEETS