

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!