

## Healthy Lifestyle

Rules for healthy \_\_\_\_\_:

1. Wash your \_\_\_\_\_ frequently
2. Now, due to CORONAVIRUS, we must wear \_\_\_\_\_
3. Have \_\_\_\_\_ with your family doctor
4. Make sure your \_\_\_\_\_ are up to date
5. Visit your \_\_\_\_\_ and \_\_\_\_\_ regularly
6. Do some \_\_\_\_\_ for making your muscles and bones \_\_\_\_\_



### Good habits

1. Sleep \_\_\_\_\_ hours at night
2. Organise your free \_\_\_\_\_ (\_\_\_\_\_ a book, do \_\_\_\_\_, play outside...)
3. Do not eat \_\_\_\_\_
4. Learn about the health \_\_\_\_\_ tobacco, alcohol...