



# Stay Healthy



I. Complete the advice.

1. Eat

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at least three times a week.  
Go for run, join a gym, or  
play on a sports team.

2. Sleep.

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Each day, find time to  
relax. Don't spend too  
much time on social media.

3. Do not stress  
too much.

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once a year. Listen to your  
doctor.

4. Get some exercise

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a healthy diet. Eat a lot of  
fruits and vegetables

5. See a doctor

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Get plenty of rest. Sleep at  
least six hours a night.

