

Unhealthy Lifestyle



Read the following people's lifestyles and identify unhealthy habits. Also, provide healthy habits to the people

FRANK

I work 15 hours a day. I rarely have time to have lunch or dinner, so I just call a delivery. My lunch is usually pizza or burgers and for dinner, I have a soda with chips. I work from home so I always sit in front of the computer and I never walk or stretch because I don't like it.

Unhealthy habits

Healthy habits I recommend

ANNA

I work in a company near my house, but I don't like to walk, so I always drive to my work. I always like to drink sodas at work, I don't like drinking water. If I am hungry, I eat candies, because I am not a fan of fruits. I always sleep only 4 hours at night because I stay up watching series.

Unhealthy habits

Healthy habits I recommend

BRYAN

I always wake up at 10 am and skip breakfast because I prefer waiting until lunch. I don't like cooking, so I always eat instant soup or order delivery food. I work from home. When I finish working, I watch tv or play video games. I hate exercising. I also love alcohol, I drink a bottle of alcohol every day.

Unhealthy habits

Healthy habits I recommend