Health habits

Instructions: match the sentences from the first column with the correct sentence from the second column

1. If you drink water,

2. If you get enough sleep,

3. If you exercise regularly,

4. If you meditate,

5. If you use sunscreen,

6. If you rest from screen time,

7. If you stretch,

a. your fitness improves.

b. your muscles stay flexible.

c. your eyes feel less tired.

d. your body stays hydrated.

e. you feel well-rested.

f. your mind becomes calmer.

g. you prevent sunburn.