

HEALTHY HABITS.

- Do exercise: fruit, vegetables, meat, fish...
- Don't use your mobile phone, tablet, run, play football, ride a bike, swim...
- Eat well: have a shower, wash your hands, brush your teeth...
- Hygiene habits: 9 to 13 hours a day.
- Play, change often.
- Sit down in a proper way, take care of your back.
- Sleep well, play with your friends.
- Use clean clothes, video games console too much.