



Stay Healthy



I. Complete the advice.

1. Eat

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

2. Sleep.

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

**3. Do not stress
too much.**

once a year. Listen to your
doctor.

4. Get some exercise

a healthy diet. Eat a lot of
fruits and vegetables

5. See a doctor

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

