**READING ACTIVITY**

**Name:** _____

**Date:** _____

**Course:** _____

## TOP TIPS FOR STAYING HEALTHY!

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Staying healthy can be difficult, especially when you are busy and working a lot. Here are some top tips for staying healthy!

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Doing exercise is the best way to stay fit and healthy. Doing team sports like basketball and volleyball are fun and active, and you can do them with your friends. When you are outside in the sunshine you are also happier, making it easier to do sports.

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Choose an activity that you enjoy. If you hate jogging, try something different. Activities like dancing are great and fun and they are also really good for your body. You can dance with friends and family, and you can also dance at home when no one is watching you. It is always easier to be active when you enjoy what you are doing.

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Whatever activity you choose, always try warming up before working out to avoid suffering any injure. You should also try and eat healthy foods and vegetables so you do not pass out of exhaustion. You also need to eat a balanced diet to try and feel great.

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Everyone knows that smoking is bad for your health, Smoking makes it difficult to do sports and exercise. So try and give up on those bad habits. Remember, there are different ways to stay healthy. You should try to be active for 20 minutes a day. You can dance or jog in the park. Make you to eat healthy food and always have fun.

LIVEWORKSHEETS

**A. Match the headings with the correct paragraph.**

1. HAVE FUN
2. DO NOT SMOKE
3. BE ACTIVE
4. EAT WELL

**B. READ THE TEXT AND ANSWER THE QUESTIONS.**

**1. Why is it difficult to stay healthy?**

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**2. When is it easier to do sports and be active?**

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_____

**3. Why should you do something you enjoy?**

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_____
_____

**4. Why are fruit and vegetables good for you?**

_____
_____
_____

**5. How much exercise should you do every day?**

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_____
_____

LIVEWORKSHEETS