Do the word puzzle.

1. I like carrots. I eat enough [v][e][g][e][t][a][b][l][e][s].
2. I don't stay up too late. I get [ ][ ][ ][ ][ ][ ] sleep.
3. Did she [ ][ ][ ][ ][ ] her teeth? Yes, she did.
4. [ ][ ][ ][ ][ ][ ][ ] your muscles!
5. I get enough [ ][ ][ ][ ]. I sleep for eight hours at night.
6. I play football every day. I do enough [ ][ ][ ][ ][ ][ ][ ][ ].
7. Wiggle your [ ][ ][ ][ ][ ][ ][ ]!
8. [ ][ ][ ][ ] your knees!
9. Did you go for a walk? Yes, I [ ][ ][ ].
10. Touch your [ ][ ][ ][ ][ ][ ][ ][ ]!
11. Don't eat too much [ ][ ][ ][ ] [ ][ ][ ][ ].
12. Bend your [ ][ ][ ][ ][ ]!