

TO STAY HEALTHY WE HAVE TO FOLLOW THESE HABITS .

MARK THE GOOD AS **G** AND BAD AS **B**

PLAY 	MOBILE AND TV 	RUN,JUMP,HOP AND SKIP
EAT WELL 	FRUITS AND VEGETABLES	JUNK FOOD
DRINK WATER 	1 GLASS A DAY	5 GLASSES A DAY
SLEEP WELL 	LATE AFTER 10:00 PM	EARLY BY 9:30 PM
EXERCISE 	DAILY	ONLY SOME TIMES