

Instructions:

1. For each aspect of a healthy lifestyle, categorize the given words and phrases into the correct column: "Healthy" or "Unhealthy".
2. Write each word or phrase in the appropriate column based on whether it is a positive or negative effect.

A. Sleep Habit

Increased energy levels Fatigue
Improved concentration Difficulty concentrating
Better mood Irritability
Enhanced memory Weakened immune system

Good Sleep	Poor Sleep
Increased energy levels Improved concentration Better mood Enhanced memory	Fatigue Difficulty concentrating Irritability Weakened immune system

B. Exercise Habit

Stronger muscles Joint pain
Better cardiovascular health Increased risk of heart disease
Weight management Weight gain
Reduced stress Decreased stamina

Regular Exercise	Lack of Exercise
Stronger muscles Better cardiovascular health Weight management Reduced stress	Joint pain Increased risk of heart disease Weight gain Decreased stamina

C. Drinking Habit

Better physical performance Headaches
Clearer skin Dizziness
Reduced fatigue Dry mouth
Improved kidney function Constipation

Good Drinking Habit	Poor Drinking Habit
Better physical performance Clearer skin Reduced fatigue Improved kidney function	Headaches Dizziness Dry mouth Constipation