



Health Habits

Good

Smoking
Skipping meals

Bad

Drinking too much alcohol
Smoking
Sleeping 7 or 8 hours
Snacking
Skipping meals
Having a healthy diet
Sleeping 7 or 8 hours
Drinking too much alcohol
Taking a cold shower
Taking drugs
Snacking
Play outdoors with friends
Having a healthy diet
Eating fast food
Taking drugs
Personal hygiene
Taking a cold shower
Eating fast food
Play outdoors with friends
Personal hygiene

Rate your classmates

$$\square 11 - 10 = 5$$

$$\square 9 - 8 = 4$$

$$\square 8 - 7 = 3$$

$$\square > 7 = 2$$

LISTEN!

The word "LISTEN!" is rendered in large, bold, 3D letters with a red outline and a white fill. The letters are slightly slanted and cast a soft shadow on the white surface below. A faint watermark "fotolia by Adobe" is visible in the center of the letters.

#69868042

The results of good and bad habits on our health

If ... you
will ...

What has happened to people?













**What must we do if
we want to be
healthy?**

If we want to be
healthy we must...



