

How to Keep Fit



HEALTHY

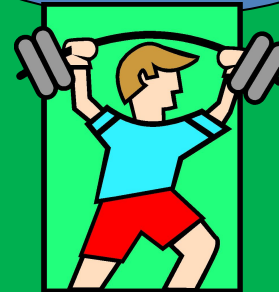
Eating low fat food



Eating whole meal bread



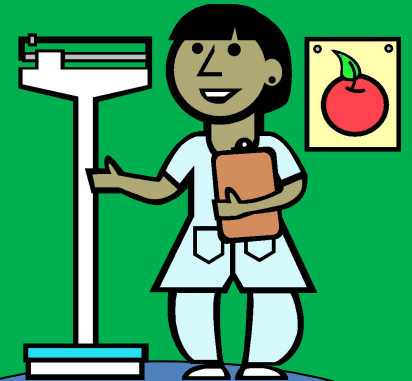
Exercising



Eating high fibro food



Dieting



BAD HABITS

smoking

drinking alcohol



environmental influence



eating sweets

Physical inactivity



How to Keep Fit

- *Take a lot of exercise. Physical activity is good for all of us at any age.*
- *Begin your day with morning exercises. They give you enough energy for the day.*
- *Be sporty. Join a sports club or go to the gym and work out.*
- *Take enough sleep. Most people need eight hours of sleep to feel well.*
- *Leave some time for relaxing after a hard working day.*
- *Spend some time out of doors every day. Fresh air does us a lot of good.*
- *Limit the time you spend in front of your television or computer to an hour — an hour and a half.*
- *Keep to a healthy balanced diet. Don't overeat.*
- *Don't eat junk food. Some kinds of food are harmful.*
- *Don't smoke or drink alcohol. Never use drugs.*