



Car, gold, family,  
computer, school,  
health, cottage, job.



*Sunshine water*

*rest air*

*exercise diet*



- benefit - выгода, польза;
- relax - отдыхать, расслабляться;
- diet - диета, питание;
- flexible - гибкий;
- do push-ups - отжиматься на руках;
- fit - сильный, здоровый;
- fitness - хорошее здоровье

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Laugh and smile!  
Get lots of sleep.  
Positive emotions  
Feel good about yourself!  
Do nothing...  
Drink water!  
Eat more fruit and vegetables.  
Do something you love.  
Run and jog  
Stretch!  
Get a little exercise every day.



**big**



**bigger**



**biggest**



- Big - bigger- the biggest
- Nice – nicer – the nicest
- Happy – happier – the happiest
- Beautiful – more beautiful – the most beautiful
- Good-better-the best; bad-worse-the worst;  
old-older, elder- the oldest, the eldest;  
far-farther, further–the farthest, the furthest;  
little-less-the least.

Thank  
you!

