

# \*Healthy Lifestyle

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**\*To keep healthy we should:**





**\* do some sport three or four times a week**



**\*not eat crisps, drink  
cola and need fruit  
and vegetables**



**\*No smoking**





\*not drink alcohol



\*go for a walk every  
day



**\*clean your teeth  
twice a day**





**\* have breakfast every  
day**

**Healthy**



**Unhealthy**



**Food**

**Healthy**



**unhealthy**



**\*Classes**







