

# \*Healthy Lifestyle

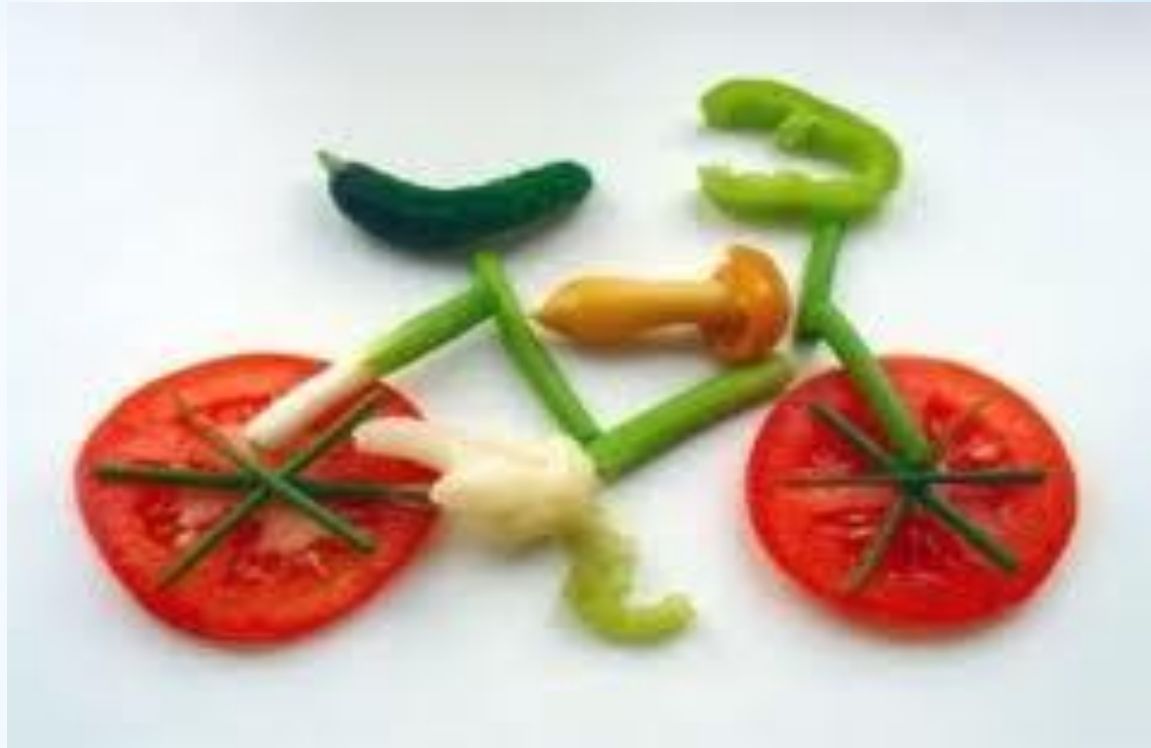
Vazyukova Galina, Yagafova Anastasiya

**\*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**







