

*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**

