*Healthy Lifestyle

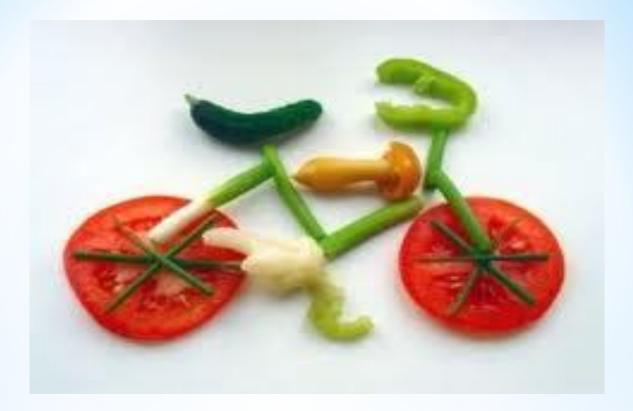
Vazyukova Galina, Yagafova Anastasiya

*To keep healthy we





*do some sport three or four times a week



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



*No smoking



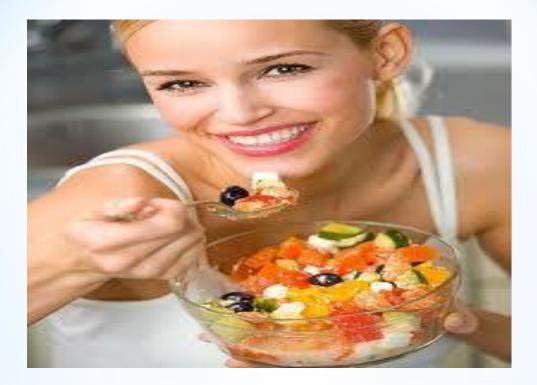
*not drink alcohol



*go for a walk every day



*clean your teeth twice a day



*have breakfast every day

Healthy



Unhealthy



Food

Healthy



unhealthy



