

How to Keep fit ?



Подготовила ученица 8 В класса

Дондик Юлия

*Do sport
regularly*

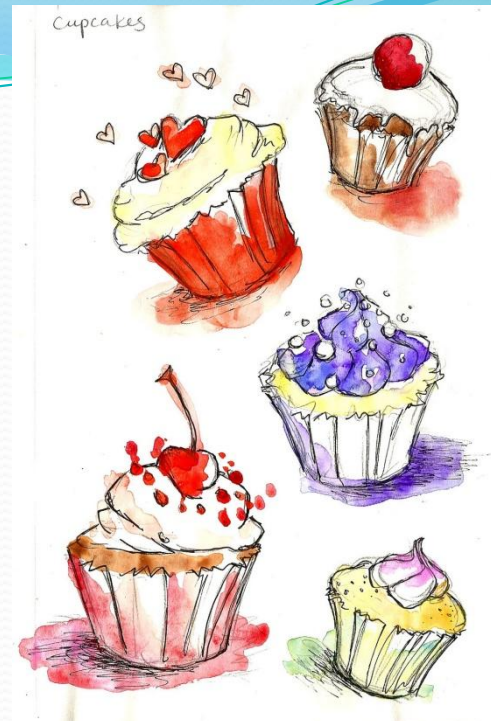


Eat more vegetables and fruit

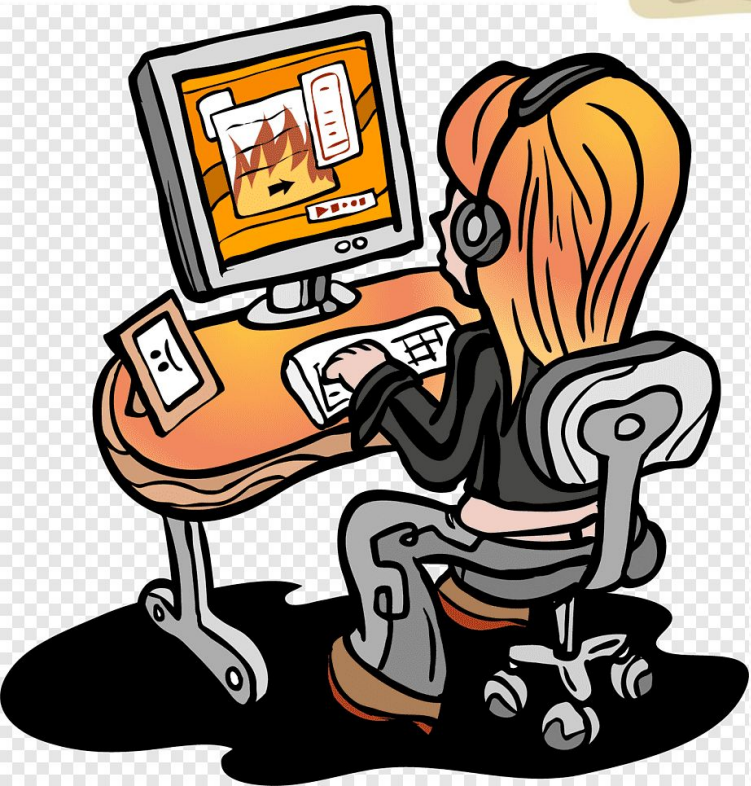


Елизавета Мелкозерова

*Eat less
sweets! Don't
eat fast food*



Watch TV and play
computer games as
less as possible



Sleep 8-10 hours at night



Remember : you health depends on you!

