

How to Keep fit ?



Подготовила ученица 8 В класса

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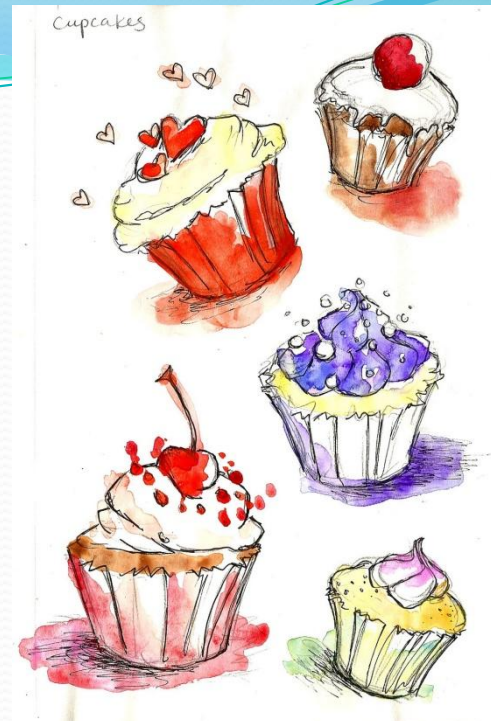
*Do sport
regularly*



Eat more vegetables and fruit



*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!

