

# How to Keep fit ?



Підготувила учениця 8 В класса

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*Do sport  
regularly*



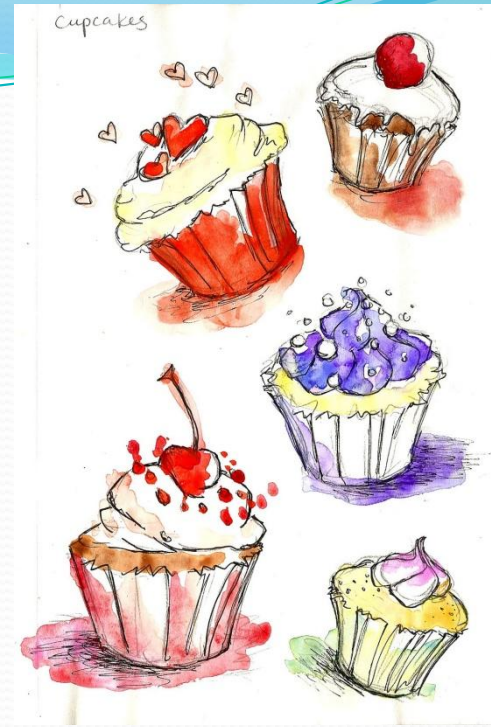


# Eat more vegetables and fruit



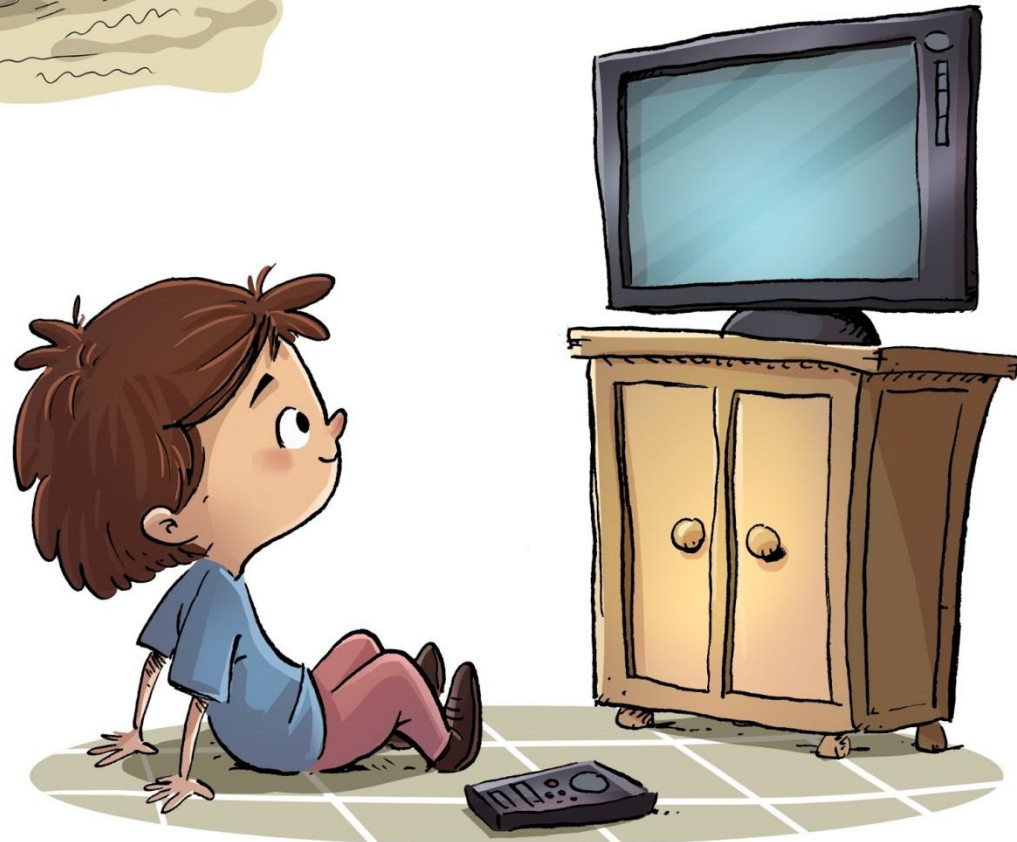


*Eat less  
sweets! Don't  
eat fast food*





*Watch TV and play  
computer games as  
less as possible*





Sleep 8-10 hours at  
night





# Remember : you health depends on you!

