



# Keep Fit and Healthy



Presentation



*1. An apple a day.....*

*2. Good health.....*

*3. Early to bed and early to rise.....*

*- is above wealth*

*- keeps a man healthy,  
wealthy and wise.*

*- keeps the doctor away.*



1. How can you burn .....
2. All ..... are bad for you.
3. A ..... diet is very important thing.
4. American children eat a lot of  
.....
5. Physical ..... is good for your health



6. You should do ..... every morning



7. Excess ..... can lead to health problem



8. Children should eat a lot of .....and .....

9. We must do ..... every day



10. How can I lose .....



# Answer the questions about your habits, analyze your results

1. How long do you sleep at night?

a) 8 hours

b) less than 8 hours

c) more than 8 hours



## 2. What time do you go to bed?



- a) at 10 o'clock
- b) at 11 o'clock
- c) later or don't sleep at all

### 3. Do you do morning exercises?

- a) regularly
- b) once in while
- C) never



# 4. How long do you watch TV or play computer games a day?

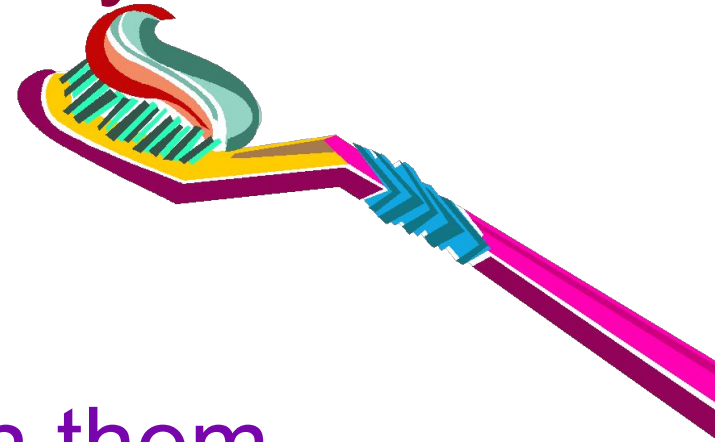


- a) less than 2 hours
- b) more than 2 hours
- c) I don't have a TV set or a computer at home



## 5. Do you clean your teeth?

- a) once a day
- b) twice a day
- c) I don't clean them, they are white without any cleaning



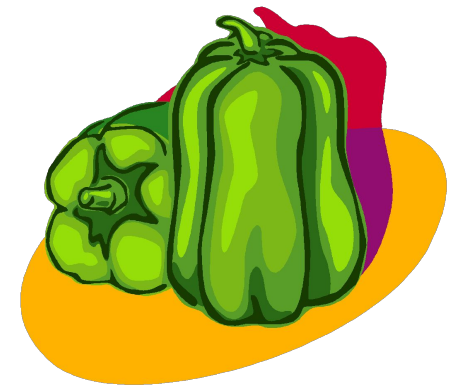
6. How many meals a day you have?

- a) 3 or 4
- b) 1, after coming home from school
- c) I eat all day along



# 7. Do you eat fresh fruit and vegetables every days?

- a) almost every day
- b) once or twice a week
- c) I prefer meat and chocolates



## 8. Do you have a shower regularly?

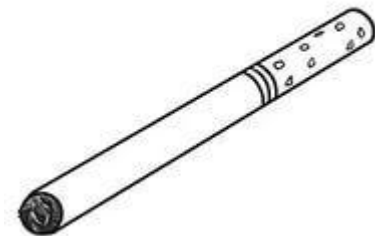
- a) every day
- b) twice a week
- c) once a week





## 9. Do you smoke?

- a) never
- b) only in company 1 or 2 cigarettes a week
- c) every day



# You results:

Great

- Your lifestyle is healthy and you keep fit ! Congratulations !!!

O'K

- Your lifestyle should be changed in some aspects and you'll be fit and healthy.

SOS

- You should change everything, eat healthy food and begin to exercise as soon as possible.



# How to be healthy?

- Keep moving
- Keep clean
- Brush your teeth regularly
- Eat healthy food
- Organize your daily routines
- Visit a doctor if you need

# Keep your daily routines

- Get up early
- Have 3 or 4 meals a day
- Spend 2 or 3 hours a day out-of-door
- Don't spend long hours watching TV or playing computer game
- Go to bed in time



# Keep moving

- **Do some sports 3 or 4 times a week**
- **Go for a walk every day**
- **Spend your time in outside**
- **Learn some exercises and do them regularly**