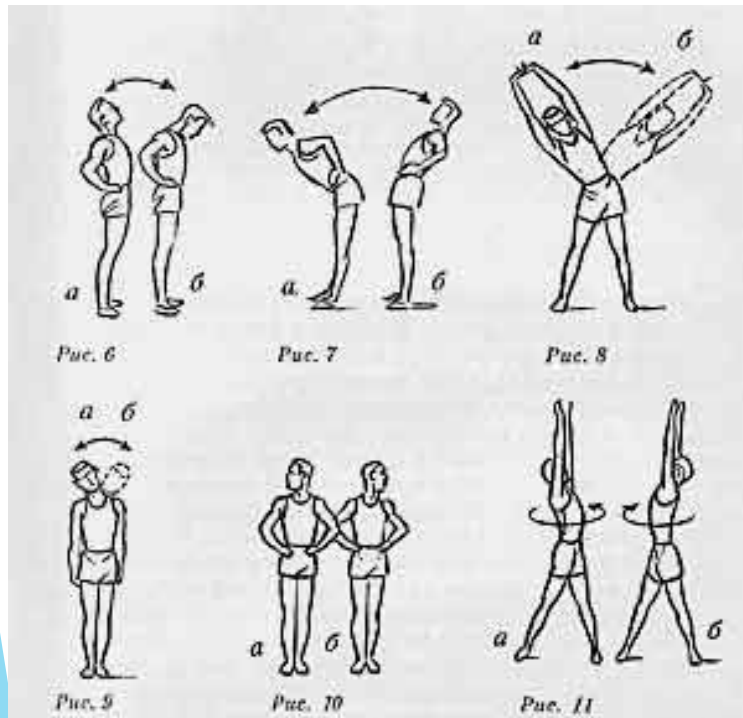


How to keep fit.



- ▶ 1. You must get up at seven o'clock and do morning exercises to keep fit.
- ▶ 2. You must brush your teeth twice a day to keep fit.
- ▶ 3. You must eat fresh food and drink a lot of water to keep fit.



- ▶ 4. You must run in summer to keep fit.
- ▶ 5. You can swim, play different sport games, go at the coast of the sea to keep fit.
- ▶ 6. You mustn't drink gassy drinks, like COCA COLA, SPRITE, FANTA and other to keep fit.



# THANKS FOR THE ATTENTION.

