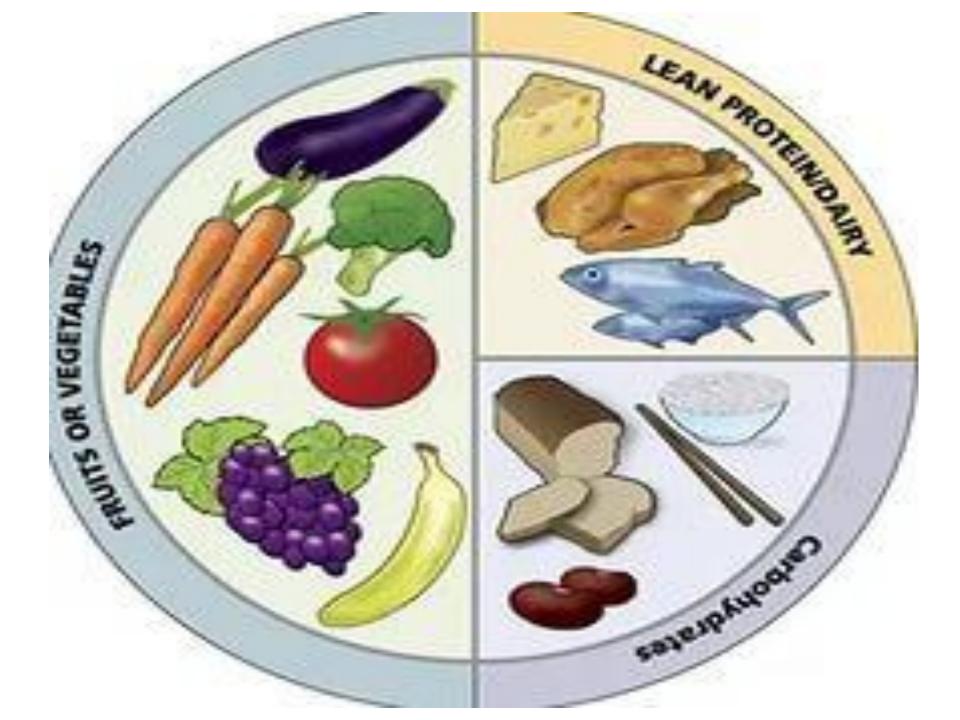# How to keep fit

Get a lot of sleep

Sleep is food for the brain. If you sleep little, you will look badly, feel badly and work poorly. Teens need about 9 hours of sleep every night.

Eat healthy food

- Healthy eating habits are very important for our health. A balanced diet should include different kinds of products, such as
- Dairy products
- Meat: pork, mutton, la
- Fruit: peaches, pineapples, oranges, bananas
- Vegetables: beetroots, peas, pepper, cabbages, leek, onions

FRUITS OR VEGETABLES

LEAN PROTEIN/DAIRY

Carbohydrates

Eat healthy food

You should try to eat more homemade food and less junk food or fast food. People, who eat fast food, can become overweight.

Do exercises

To be healthy and fit we should exercise more. It's possible to lose weight and become fitter just doing regular exercises. You can jog every morning or do exercises in the evening.

You should do

Get up early and go to bed early
Wash your hands before eating
Go in for sports
Sleep enough
Take a cold shower
Air the room

You should not do

Smoke

Watch TV too long

Eat too many sweets

Spend much time indoors

Spend much time in front of computers

Thank you for your attention