

HOW TO LIVE A HEALTHY GOOD LIFE

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CONTENTS PAGE

- Good hygiene page 3
- Exercise page 4
- Balanced diet page 5
- Sleep Page 6

GOOD HYGIENE

- To stay clean and healthy and you must remember to have a relaxing shower with soap. Every time you must wear clean clothes because when you wear your dirty clothes you will be dirty again. In addition you have to brush your wonderful teeth twice a day and brush it gently for two minutes.



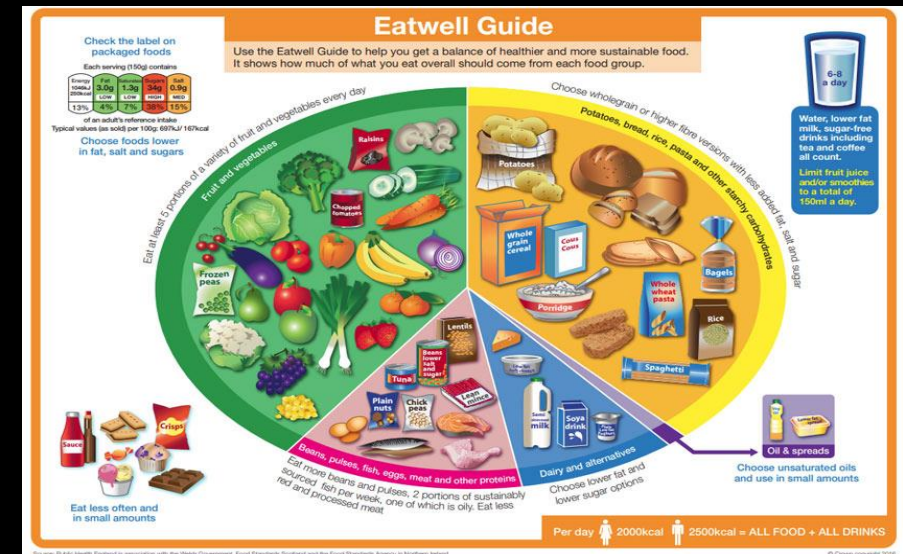
EXERCISE

- Exercise is important because you will be stronger and more flexible. Being active can also make you more faster. To be more active you can do yoga, swimming, and skating. In addition if you exercise your veins will be healthy and clear.



BALANCED DIET

- For you to have a balanced diet you will need to eat fruit and vegetable, grain, protein, dairy, carbohydrates and a little bit of fat and sugar. Also balanced diet is variety. In addition if you have a balanced diet you will grow stronger and have more energy. Moreover if you eat vitamins you will function properly.



SLEEP

It is important to get plenty of sleep for our whole body. Also sleep helps us concentrate and gives us energy. In addition if you sleep well all of the bad germs will go away and your body will heal and you will grow.



GLOSSARY

- Healthy- of a part of the body) not diseased.
- Stronger- activity requiring physical effort, carried health and fitness.
- Function- to work well or properly.