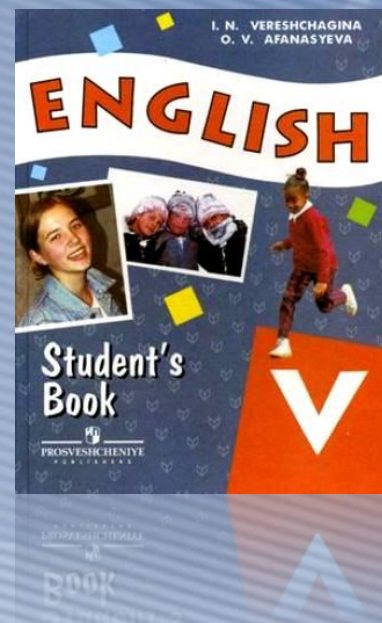




# Healthy Habits



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# sleep eight hours



Getting enough sleep is important for good health.

- Sleep eight hours
- Most adults need about eight hours of sleep.
- Many people prefer to sleep in a dark quiet room.

HEALTHY BODY  
HEALTHY MIND

# eat healthy foods



## Eat Fruits and Vegetables

- Fruits and vegetables have many vitamins and minerals that our bodies need.
- They are also high in fiber and low in calories.

HEALTHY BODY  
HEALTHY MIND



**exercise every day**



## Exercise

- Walking the dogs is good exercise.
- Exercise is good for our hearts and it burns calories.

**HEALTHY BODY  
HEALTHY MIND**

don't smoke



## Don't Smoke

- Smoking is addictive and it can cause cancer and heart disease.
- Second-hand smoke can also cause cancer.

HEALTHY BODY  
HEALTHY MIND

get check-ups



## Medical Check-Up

- Visit your doctor every year for a medical check-up.
- If you are sick, call the doctor's office and make an appointment.
- Health problems are easier to treat if they are caught early.

HEALTHY BODY  
HEALTHY MIND



# Sports and Exercise



**Write seven sentences about the picture.**  
**Describe what the people are doing.**

**Example:** *A man is swimming in the pool.*



Healthy  
Habits...



- Developing healthy habits and avoiding unhealthy ones can help us live longer.
- Eating fruits and vegetables, exercising, brushing our teeth, and getting medical check-ups are things we can do to improve our health.
- Smoking and not getting enough sleep are bad habits that can shorten our lives.

