

Healthy lifestyle



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What`s the matter
with them?



She has got a headache!



He has got a backache!



She has got a tummy ache!



He has got an earache!



He has got a toothache!



He broke his leg!



He cut his finger!



**She caught
a cold!**



She looks dizzy!



What must
we do
to be
healthy?



**Brush your
teeth
every
morning
and evening!**

Do morning exercises!





**Eat good food to be
healthy!**



**Go to bed
early!**

**Get a good
sleep!**





**An apple
a day
keeps
the doctor
away!**



**See the dentist
every year!**

But if you feel ill



**call in the
doctor!**

I wish you good health!

