How to Keep Fit

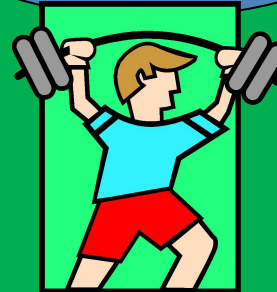# How to Keep Fit

- *Take a lot of exercise. Physical activity is good for all of us at any age.*
- *Begin your day with morning exercises. They give you enough energy for the day.*
- *Be sporty. Join a sports club or go to the gym and work out.*
- *Take enough sleep. Most people need eight hours of sleep to feel well.*
- *Leave some time for relaxing after a hard working day.*
- *Spend some time out of doors every day. Fresh air does us a lot of good.*
- *Limit the time you spend in front of your television or computer to an hour — an hour and a half.*
- *Keep to a healthy balanced diet. Don't overeat.*
- *Don't eat junk food. Some kinds of food are harmful.*
- *Don't smoke or drink alcohol. Never use drugs.*