

# Healthy lifestyle– Class Summary

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Good habits	Bad habits
Doing exercise, sport and warming up/down before and after	Nose/mouth/nail picking
Eating a healthy, balanced diet and breakfast	Binge drinking/chain smoking/drug addictions
Personal Hygiene: daily showers, brushing your teeth, using tissues when you sneeze	Insomnia- becoming a night owl
Sleeping the right amount of hours	Stressing out – lying or not having a healthy mind
Managing stress- speak your mind!	Eating fast/ high fat foods

She could just drink one thing not both.	His dinner could be less heavy and fat free.
She should go to sleep much earlier.	He could go to sleep earlier.
She could do a little bit more exercise.	He should stretch and warm up before.
She could have a date more often!	He could quit smoking and spend a less time online.