

- balanced diet 
- regular check-up 
- regular exercise 
- adequate sleep 
- good stress management 
- observe proper hygiene 
- poor diet 
- inadequate sleep 
- excessive screen time 
- smoking 
- drinking too much alcohol 
- skipping meals 

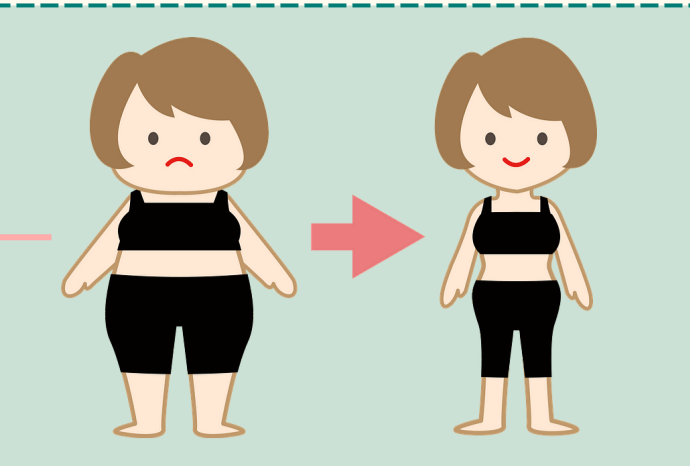
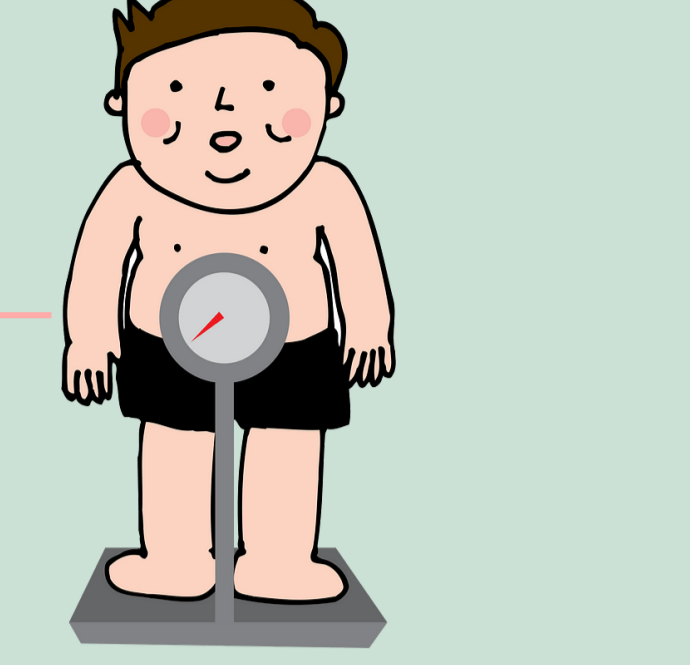
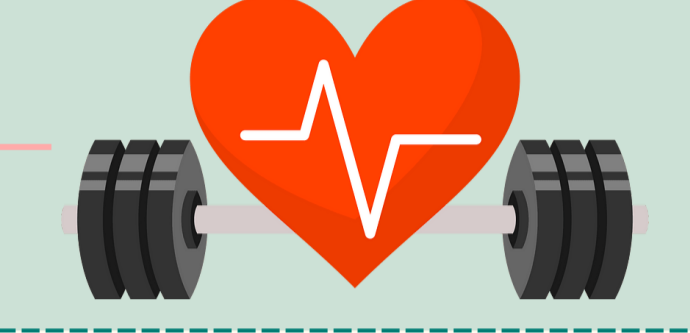
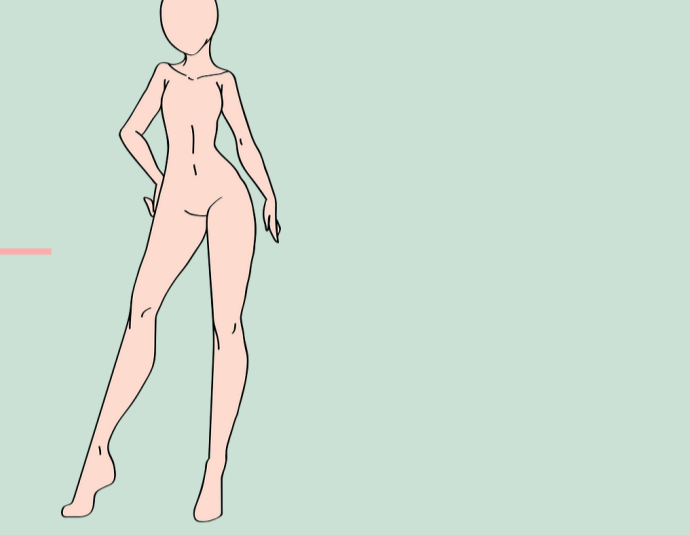




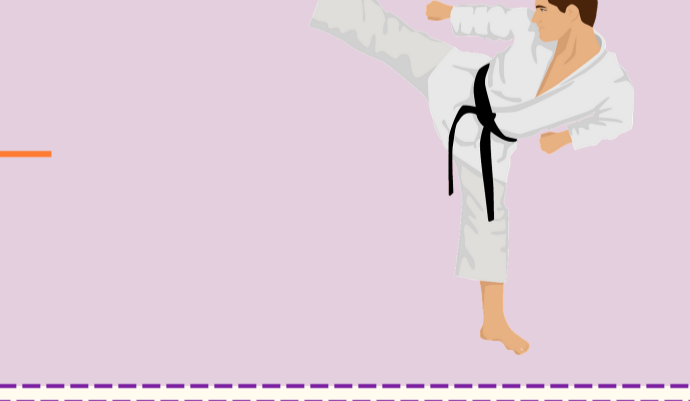

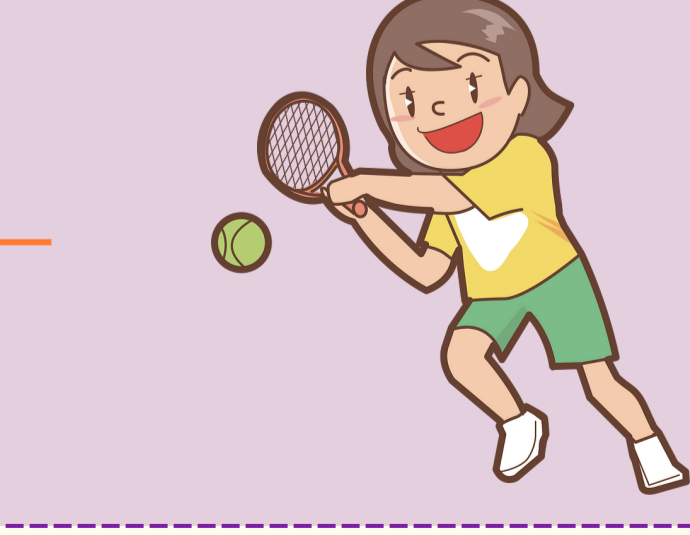

**Healthy Habits**

**Health and Fitness**

**Unhealthy Habits**

**Health Goals**

**Fitness Activities**

- lose weight 
- gain weight 
- improve cardiovascular endurance 
- improve posture 
- achieve balance and stability 
- have an active lifestyle 
- yoga 
- cycling 
- martial arts 
- canoeing 
- canoeing 
- calisthenics 

**Expressions:**

My healthy habits include ... and ... while my unhealthy habits are ... and ...

My current health goal is to ... through ...

In order to maintain good health, you ought to (do) ...

I would like to get rid of ... It's unhealthy!