



Unit 4

ADVICE FOR BETTER HEALTH



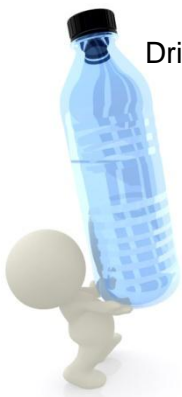
Be happy and smile.



Don't smoke.



Exercise regularly.



Drink water.



Eat balanced meals.



Beware of too much fat



Climb the stairs.

Give up junk food.



Avoid snacking in front of the TV.



Don't eat chocolate every day.

Eat fruit and vegetables.

