

How to get healthy

By Aadam Ahmed



exercise helps your body be stronger weights makes your arms stronger.sit ups makes you have a six pack.when you ride bikes you're legs will get stronger.fruits keep you strong.

Diet dairy helps your teeth be stronger and protine helps your bones.Fruit is healthy.



Sleep gives you energy and water keeps you hydrated.

How to be healthy!
Aahil Sajid



EXASIS Keeps You healthy
and gives you mosals.

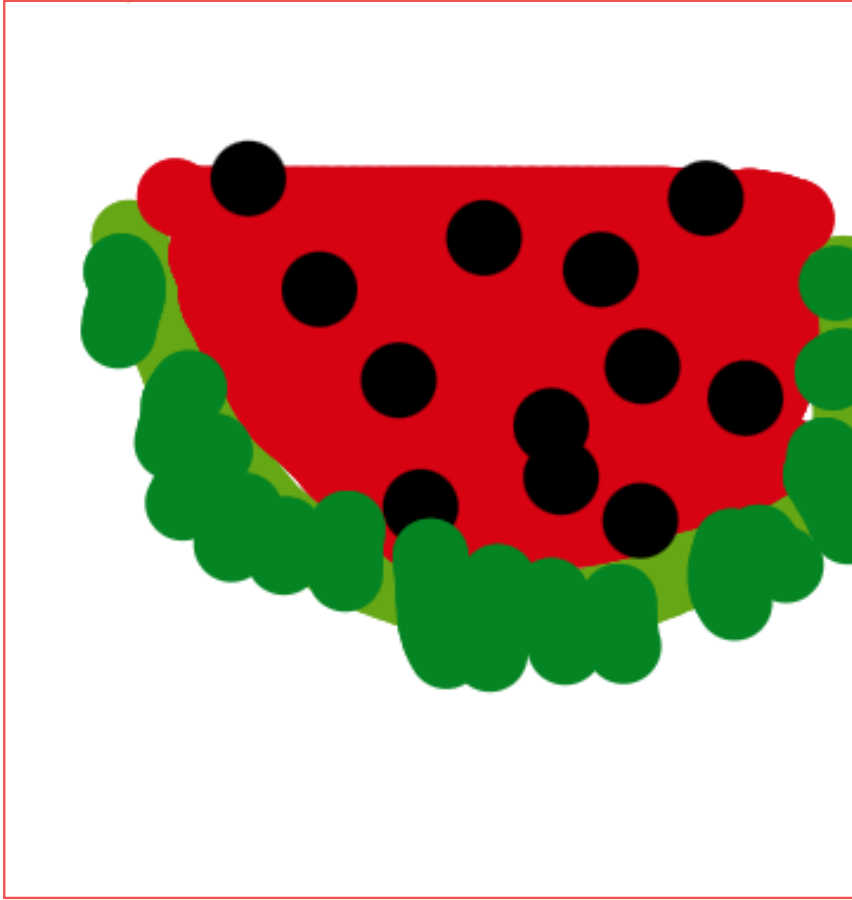
And makes you feel fast
runner

eeting appl
is helfhy



How to keep healthy!

Aasiyah Adam

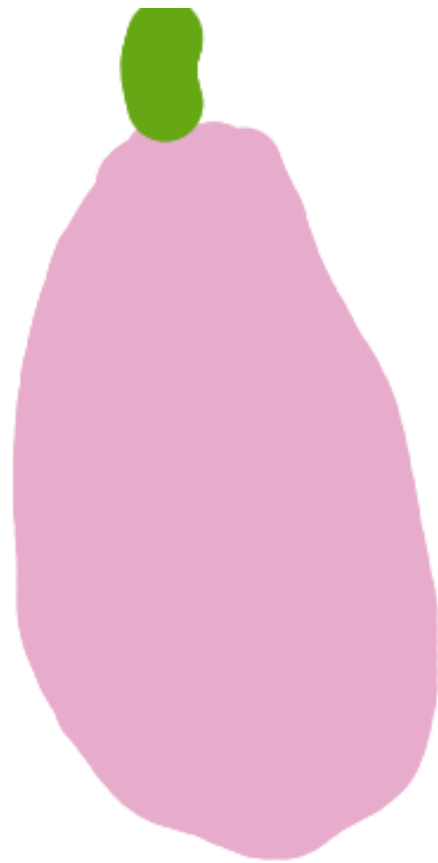


Exercise is good
and makes you
healthy

Can. Be. Do

Exercise

Strong.



Sleep is good because it helps you
rest.

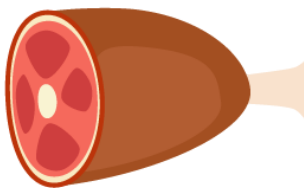
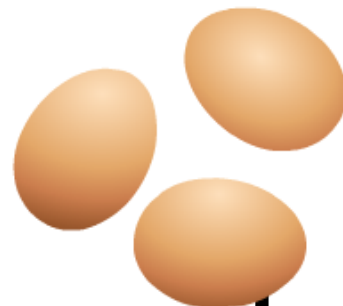
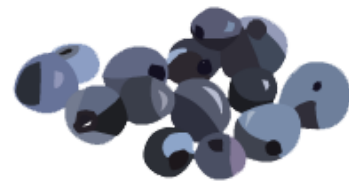
How to be healthy



Exercise
every day in
the morning

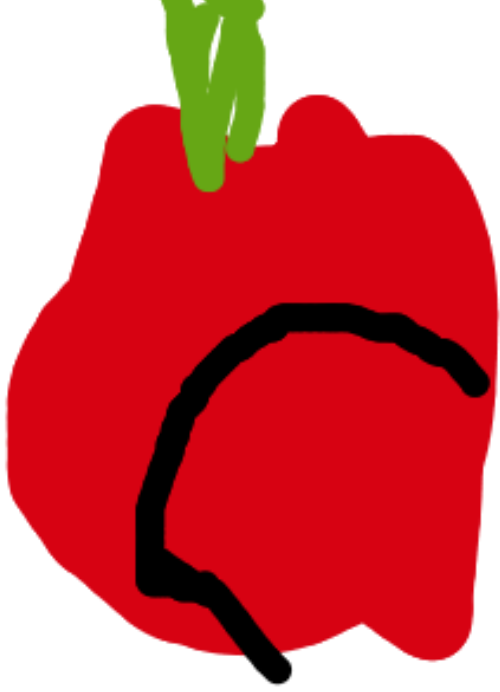


Eat food and
be healthy
and exercise a
lot



Sleep and drink water

How to be healthy



You need exercise for your body. How do muscles grow and how do they get strong? What makes your muscles strong? You need to eat more vegetables. You should drink more water than 7up. You should have more muscles. Keep your body healthy. How many more muscles can you get?

How do you get muscles on your arm? You need some more healthy stuff for your body and legs. If you have any water so drink it. Have muscles. If you need more water then you are healthy.



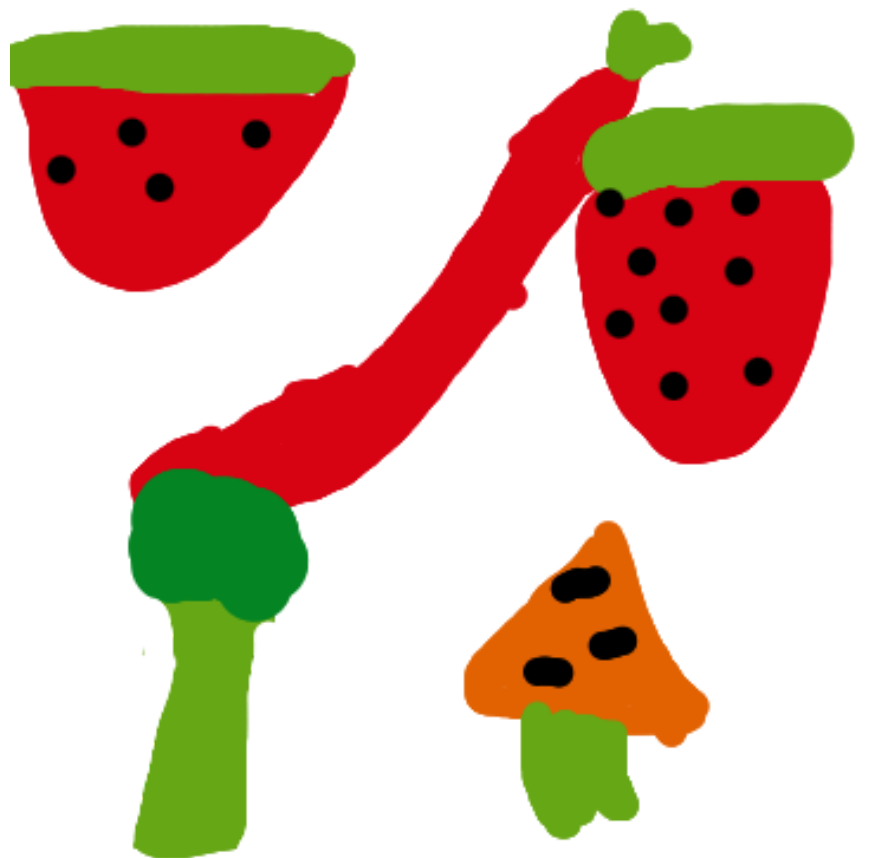
How to be healthy

Eliza



Exercise is
good because
we get
strong

Protein is
good
because we
are helfy



Sleep is good because
we have enjee

How to keep healthy.

Haadiyah



You have to eat fruits and vegetables every day .

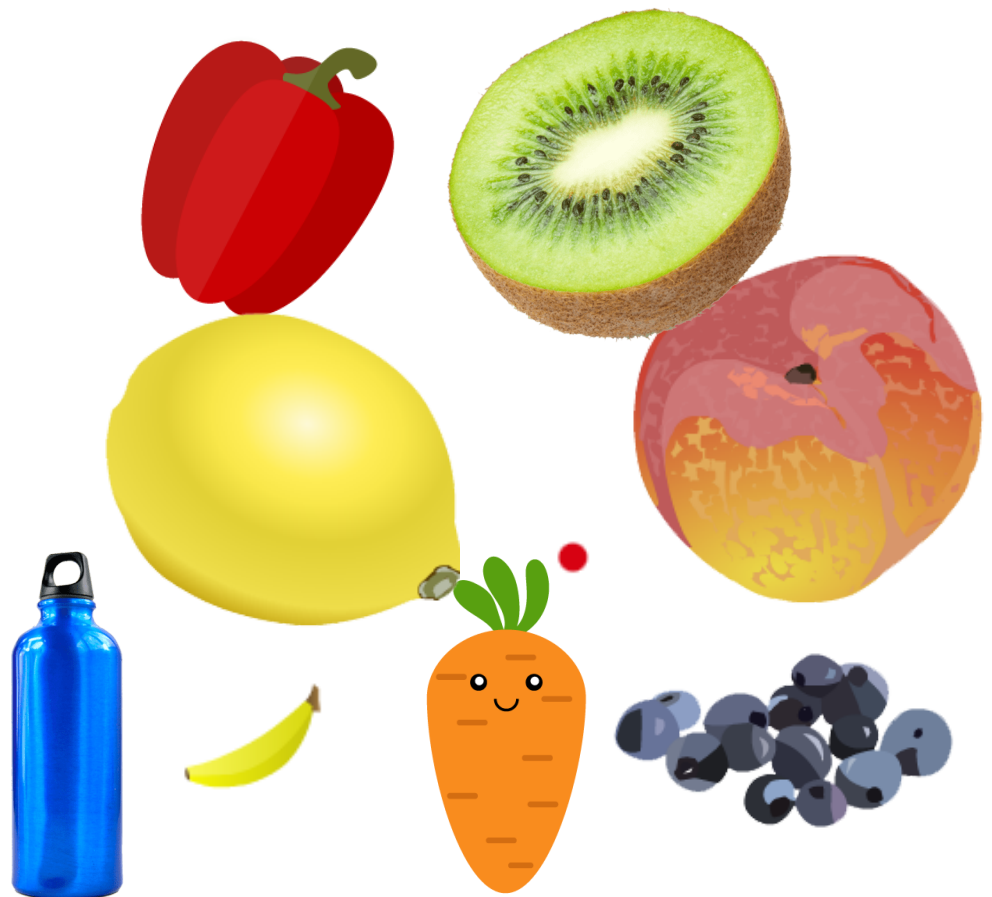
Protein keeps you strong

Carbohydrates gives you energy.

Dairy helps your bones and teeth .

Fats heals where you got hurt.

You can run,swim.
To keep you flexible you can do a handstand and do cartwheels.
Strength gives you muscles and keeps you strong.
Balance keeps you stay still on a chair.



You have to sleep for 8 - 10 hours.

You have to drink water for 6 - 8 water.

How to be healthy

HumairaG



Exercise keeps you healthy and gives you moasls.If you do some running you could be skinny.



- Fruits and vegetables keep you healthy.Exercise could make you strong.



Water give's you enajy.You have to sleep so you get energy.

How to be healthy!

Humaira Patel



Exercise helps
you to loose
weight and
maces you
stronger.

Dairy helps
your teeth
and bones
grow.



Sleep helps you get
energy .

how to be healthy

exercise makes
your body
stronger and
strength can
help your body

fruit and
vegetables are
good for your body
and you only need
a little bit of sugar

Sleeping gives you
energy and water helps
your body stay healthy

How to be healthy. Imaan



Exercise helps you
ceap fit and get
stronger and balance,
helps your mind and
heart get stronger,
helps your brain think
better.

1. Your diet helps
your body to
recover and run.



Sleep and water helps you recover,
help you get stronger, help you do
more exercise, help you do better.

How to be healthy

Khadijah



Exercise help
you to be fit
and be
healthy

Fruit helps to
be very
healthy and
strong



you need to sleep for 10hours because
the next day you have envy, We need
to drink water it keeps you hydrated

How to be healthy Maryam



You need exercise because it is healthy for you. If you want to be strong you can do drag things and pick up heavy things.



You need to eat properly and you will be healthy. You need to eat more and fruits vegetables. You have to eat dairy, a little bit of fats, protein, carbohydrates, fruits and vegetables.



You need to sleep well because you will be tired tomorrow. You need about ten hours of sleep. The best thing to do when you are tired is have a nice sleep. You should try to have six glasses of water every day. You will be hydrated when you drink water. Drink plenty water.

1. How to keep healthy

Muhammad Aadam



Exercise

You get stronger
You get flexibal
You get energy



Diet

You should have some
vegtabels most days
but also eat other
things so that your
plate is balanced.



Sleep

You should sleep 8-
10 ours
You should sleep
because your brain
works

How to be healthy

M:Azaan



exercise

it keep you
strong.

1.

diet

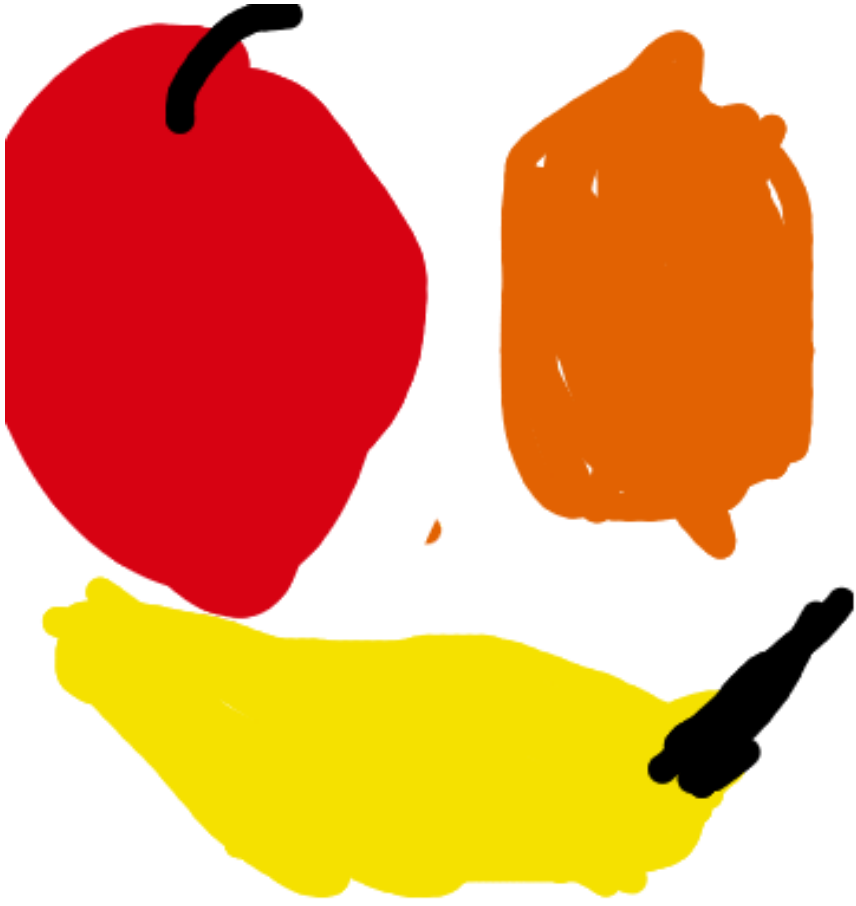
eat helthy

Sleep

Cleep you cowsy



. *How to be healthy*



Exercise makes you loose weight and makes you stronger.vegtbal has vitamins in it.

Dairy helps your bones and your teeth'and water makes us hydrated.



You needed to sleep because you will be tired.you need protein to be strong.

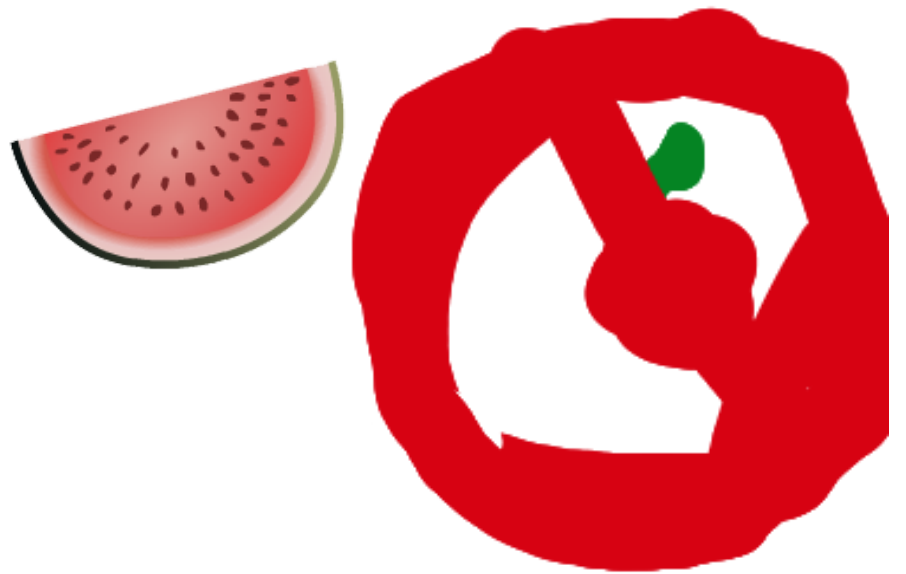
How to keep healthy!

Mohammed D



Exercise makes
you strong and if
you go to the gym
you will get
stronger

If you're in a diet
you can not eat
anything and if you
are in a diet you
will be so hungry



You need to get 10 hours sleep if you
don't have 10 hours sleep you will
have to sleep



1. *How to be healthy*
2. Safaa Chopdat



Cardiovascular makes you strong and to make you strong you do swimming, running and football.

When you are little you are very flexible.

Strength means strong.

You have 5 fruits and vegetables a day.
Proteins keep you strong.
Carbohydrates heal your skin
Dairy makes you strong.
Fats keep you warm.



You should have 8-10 hours of sleep and 6 to 8 glasses of water.
water gives you energy and hydrates you.

How to be healthy!

Eating food

And do
Exsice

Drink some water and
sleep and get rest

How to get healthy



Exercise helps
you get strong.



Diet dairy helps
your teeth so
strong.



Sleep gives you energy and water
gives you high jrayted.