

Keeping/Staying Healthy

Complete the sentence stems below...

Things that I have learned that will help me keep healthy are...

.....

.....

.....

.....

I have already started to keep myself healthy by...

.....

.....

.....

.....

Something new that I am going to try to do to keep myself healthy is...

.....

.....

.....

.....

Something that I am going to try not to do, which is not good for my health, is...

.....

.....

.....

.....