

Healthy Lifestyle

Vocabulary Building



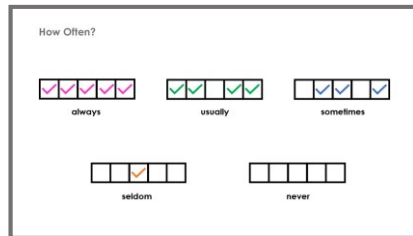
Healthy Habits



Healthy Eating



Exercise

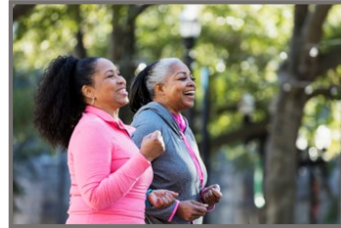


How Often?

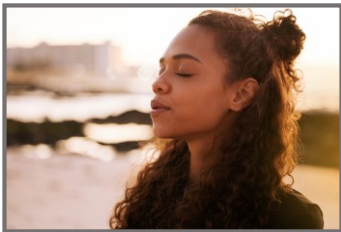
Healthy Lifestyle



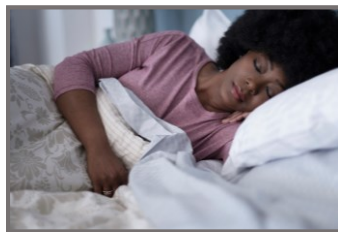
eat healthy



exercise



take deep breaths



get enough sleep



**spend time with
friends and family**

Avoid...



staying up late



eating junk food



smoking



screen time



stress



drinking alcohol

Healthy Eating



fruits and vegetables



nuts



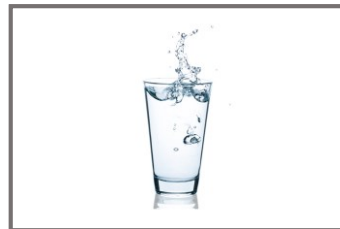
fish



whole grains



yogurt

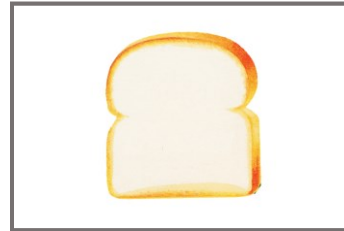


water

In moderation



soda



white bread



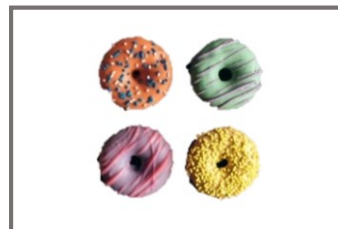
ice cream



alcohol



potato chips



donuts

Exercise #1



walk



ride a bike



go for a hike



do yoga



do strength training

Exercise #2



jog or run



play soccer



garden



swim

How Often? #1



always



usually



sometimes



seldom



never

How Often? #2

M	T	W	Th	F	Sa	Su
		✓				

one day a week

or

once a week

M	T	W	Th	F	Sa	Su
	✓			✓		

two days a week

or

twice a week

M	T	W	Th	F	Sa	Su
✓		✓		✓		

three days a week

How Often? #3

M	T	W	Th	F	Sa	Su
✓		✓		✓	✓	

four days a week

M	T	W	Th	F	Sa	Su
✓		✓	✓	✓		✓

five days a week

M	T	W	Th	F	Sa	Su
✓	✓	✓		✓	✓	✓

six days a week

M	T	W	Th	F	Sa	Su
✓	✓	✓	✓	✓	✓	✓

seven days a week

or

every day