be healthy

DO EXERCICE

It is important to do exercise regularly. Exercise makes our muscles strongers.

EAT HEALTHY

It is inportant to eat a variety of differents foods each day to get all the nutrients you need.Eat five times a day,3 meals and 2 snaks.

SLEEP ENGOUGH

An 11- years old should sleep for about 10 hours every night.When we sleep the body can repair itself and grow.