

## Here are some things that you can do to stay healthy .....

*Put a check in the boxes YES/NO, depending on YES/NO, by checking items 1 to 10.*

Parent	You	Your Partner
Exercise for 30 minutes every day.		
Drink plenty of water.		
Don't smoke.		
Go to the gym.		
Eat a balanced diet.		
Have fun and be happy.		
Visit your doctor regularly.		
Don't drink alcohol.		
Take some vitamins.		
Sleep for at least 8 hours every night.		