



Staying Healthy: Phrases

1. GETtin' enough SLEEP is VErY impORtant so I 'ave STOPP' LOOKing a' m' PHONE a' NIGHT
2. Exercise / li' Jogging / is SOMEthing you should FI' tin y' LIFE on a DAlly BASis
3. a BRISK walk iza PERFec' WAY to STAY HEAlthy azit STRENGthens y' HEART 'n' BURNS CALories
4. I c'n UNWIND by REAding a GOO book AFter a HARD day / it PUTS me in a GOO MOOD beFORE bed
5. I USE' t' GO to a GYM an' do a WORKout bu' NOW I do YOga azit BAL'nces m' MIND 'n' BOdy
6. PLAYin' VOLleyBALL is the BEST way t' KEE' pin SHAPE an' have FUN wi' FRIENDS / it's SO MUCH BETter th'n Other sports
7. KEEpin' a POSitive Attitude REAlly KEEPS me MENT'lly HEAlthy TOO
8. aVOIDing Oily or SUGary foods is SO impORT'nt but I DO have m' OFF days
9. HAVin' a BAL'nced DIet is impORTan' so I TRY t' eat a MIX of VEG'tables, FI' shan' MEAT
10. Simply BREAthin' in the FRESH MORning air RAIses m' SPIrits
11. I ACT'lly do a Little bit uv mediTation an' it PUTS me in the RIGHT FRAME uv MIND
12. WHE' nI feel aNNOYED or STRESSED / I WRITE down in WORDS HOW I am FEEling and it HELPS change m' MOOD
13. HAVin' a LAUGH wi' FRIENDS ALways puts me in a GOO' MOOD