

Health and Fitness

It is very important to be fit and healthy. To be fit and healthy you should;

1. Get about 8 hours sleep every night. Not too much and not too little.
2. Eat lots of fruit and vegetables.
3. Don't eat too much "junk food".
4. Exercise 2 or 3 times a week.

If you weigh too much or are too heavy you are "overweight" and you need to lose some weight. If you weigh too little or are too light you are "underweight" and you need to gain some weight.

If you are the ideal weight and height then you are very healthy. Look at the chart to see if you are overweight, underweight or the ideal weight. Look at the chart again to see if you are too tall, too short or the ideal height.

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