

Keep Fit and Healthy

Get moving and stay healthy!

- Why is it essential to have a balanced diet?
- What can you do to make exercise a regular habit?
- What is wellbeing and how can you improve it?
- Why is it crucial to establish a daily routine for health and fitness?
- What happens when you exercise regularly?
- How can healthy habits help you achieve your goals?

Did you know? Did you know that regular exercise can help you run faster and jump higher?

Key vocabulary: exercise · nutrition · wellbeing · routine · habit · balance