

UNIT 3

HEALTH

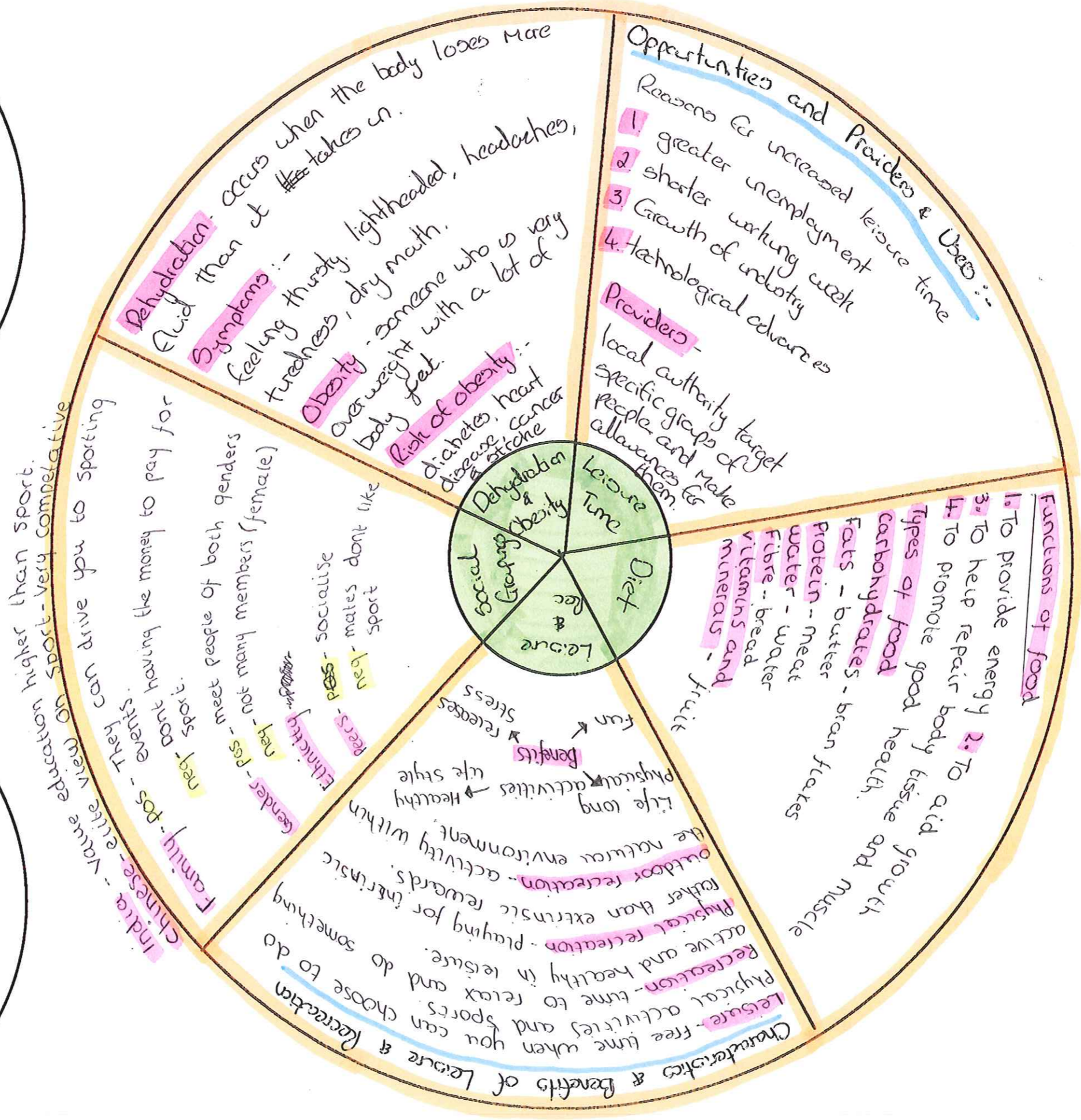
How people could make their lifestyle more healthy & active!

- Go out for walks
- Eat a balanced diet
- Get involved in sport
- Socialise

What is Etiquette?

Being respectful to the opponent (Sportmanship)

Example - Footballers shaking hands.



KEY WORDS

Health: complete state of physical, social, and mental well being and not merely the absence of disease.

Fitness: Being able to meet the demands of the environment