

Good bye and I hope that you benefit from my pieces of advice.

Sinda's post

Hello my classmates! 🌟 I'm Sinda Saïd your schoolmate in 9th grade class1. Health is important and every person is responsible to protect it. For this reason, I write this post to give you some pieces of advice to keep fit. First, you should practise sport regularly, for example, walk for an hour every day 🚶 or take up jogging. Second, you ought to avoid fast food 🍔 🍕 and pasta 🍝 because they harm your health and you shouldn't eat chocolate 🍫, sweets 🍬 and candies 🍭 because they damage your health and cause tooth decay. Third, I advise you to eat vegetables 🥕 🥦, fruits 🍌 🍎, meat 🍖, fish 🐟 and eggs 🍳 because they are full of vitamins that make you in good health. Fourth, you ought to avoid coffee ☕, smoking -- and alcohol 🍷 because they are harmful to health and cause many diseases like cancer. Fifth, you should drink as much water 💧 as you can and make sure the water you drink is clean and not contaminated. Sixth, I advise you to limit the time you spend in front of your television 📺 or computer 🖥 to an hour or an hour and a half a day. In a word, health is vital. I hope that you follow my pieces of advice 😊 as "prevention is better than cure". ❤️ ❤️

Nourhenes's post

Healthy lifestyle

I am Nourhene, a ninth-grade student. I write this post to give you some pieces of advice to enjoy a healthy lifestyle.

I, first, advise you to practise sport regularly. Second, you ought to undergo regular medical observations. Third, you shouldn't eat chocolate, sweets and candies because they damage your health. Fourth, I advise you to eat lots of eggs, meat and fish to be stronger. Fifth, you ought to avoid coffee, smoking and alcohol because they may harm your health. Finally, you should drink enough water and fluids to get energy.

So, if everyone follows these tips, he or she will enjoy good health and high fitness as "prevention is better than cure".

Ghada's post

To be fit

Hi everybody 😊 , I'm your classmate Ghada In ninth form class 1 . I write / this post to give you some advice on how to be fit 😊😊❤️ .
You should be aware of the necessity to enjoy a good health and for this reason you ought to be active , it means do exercise regularly, for instance, walk for 30⌚minutes to an hour ⌚or do cardio, 🔥 that is one of the best things you can do for your mental and physical 🌟 health🌿. I advise you to eat enough food rich in protein which is vital for optimal health. For example, meat 🍖🍖😋 can be a nutritious and healthy part of your diet .In fact, it's very high in protein and contains various important nutrients. In addition, you ought to drink as much milk 🥛 as you can because it helps build strong bones and teeth. 😊. Besides, you should generously 😊eat organic🌿 fruits 🍎🍓 and vegetables 🥕🥦 which are very important to the body 🙌, why?😊😊 A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, 😊😊 lower the risk of eye** and digestive problems, and have a positive effect upon blood sugar 🍬, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples 🍏🍏, pears 🍐🍐, and green leafy 🌿 vegetables may even promote weight loss. Their low glycemic loads prevent blood sugar spikes that can increase hunger. Also, you should avoid eating much sugary 🍬🍬🍬, salty 🧂🧂 and fatty 🍔🍔 food since they may be harmful and they could increase the risk of heart disease 😊, diabetes, obesity, and other illnesses 😊 Furthermore, you can liberally eat grain 🌾 like cereal 🍲, pasta 🍝 and rice 🍚 🍚, they give you energy. You shouldn't smoke 🚬, It's dangerous 🚫 for your health. Apart from that, you shouldn't forget that vaccination is one of the most effective ways to prevent diseases. 🙌🙌
Last but not least, drink water 💧💧, you ought to drink at least 2 litres a day 😊 and you can put a few lemon slices🍋in th bottle →it helps digestion and give a refreshing 😊taste to water💧

❤️ Good bye ❤️

Malek's post

Hello my schoolmates, I'm writing this post to give you some pieces of advice on how to be in good health.

First, I advise you to have meat, nuts, legumes and milk moderately. Second, you should eat many fruits and vegetables because they are very good for health. Third, you shouldn't eat much sugary, salty or fatty food because they harm your health. Fourth I advise you to practise sport. Fifth, you shouldn't smoke because it has many dangerous effects. Finally you should live in a healthy environment.

In conclusion, your health is precious, I hope that you follow these pieces of advice to protect it.

Tunitests.tn