

1. Answer the following questions according to the text.

a) What is a healthy lifestyle?

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b) What happens to your back when you sit or stand straight?

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c) What are three things we can do to laugh?

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2. Do the task and answer the question.

a) Answer the 4 questions in the text. Write about your own lifestyle.

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b) Which of these tips do you want to follow? Why?

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