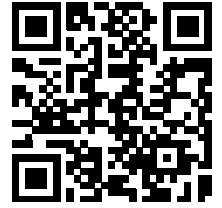


name: _____

class: _____

date: _____

Personal Health



Personal health is crucial, especially during the _____ years. This is the time when your body undergoes significant changes. Good _____ is one of the key elements. It involves eating a balanced diet rich in fruits, vegetables, and whole _____. It's also important to limit junk _____, which can lead to health issues like obesity and diabetes.

Exercise is another important aspect. Regular _____ activity helps maintain a healthy weight, improves mood, and boosts energy levels. It doesn't have to be intense; activities like walking, cycling, or team _____ can be fun and beneficial.

Sleep is often overlooked but is just as vital. Teens need about 8-10 hours of _____ each night. Lack of sleep can affect your mood, academic _____, and physical health.

Hydration is also key for good health. Drinking enough _____ helps with digestion, skin health, and maintaining energy levels. It's better than sugary _____, which can harm your health in the long run.

Mental health is an important part of overall _____. It's normal to experience stress or anxiety, but it's crucial to find healthy ways to cope. Talking to _____, engaging in hobbies, or seeking professional help can be effective.

Lastly, personal hygiene plays a significant role in health. Regular _____, brushing teeth, and other hygiene practices prevent infections and illnesses.

Understanding and taking care of your _____ can seem overwhelming, but it's a vital part of growing up. By focusing on these key areas, you can ensure a healthier and happier teenage _____.

grains	physical	nutrition	sports	water	washing	health	friends
drinks	life	food	teenage	sleep	wellbeing	performance	