

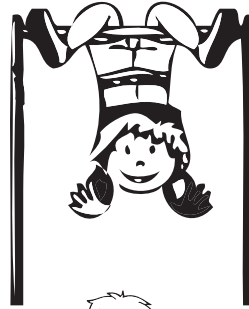
# EXERCISE & WORK



Cleaning



Exercise



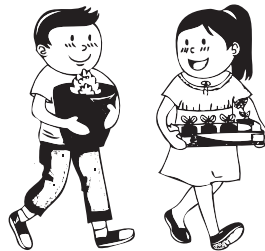
and



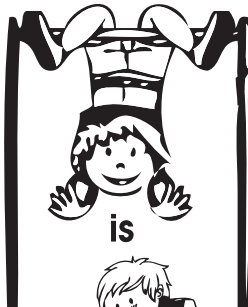
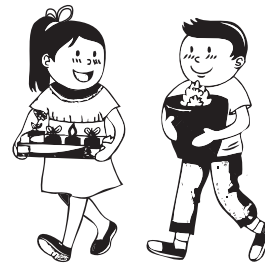
gardening



for



20 - 30



is



minutes



good



every



exercise.



day.



Match the pictures to the mirror image of it. Some of the pictures have changed a little. Write down the words under the ones that are different. Then write down the words under the ones that are the same to discover two important messages.