

Reasons to change your eating habits

1- When you're hungry you think about..... if you think about it, You are on the way to becoming.....



2- Comfort eating connected withif you feel tired after you eat, then you'd betteryour eating habits .



3- Put in your mind that a healthy meal doesn't have to be orand after you eat you will feel.....



4-You have healthy choices at the fast-food restaurant like So avoid.....likeor



Tr. Amal

Ways to stick to your decision

1- You.....cut down Or.....



2- Take some.....to do it



3- Don'tif you were with friend in a



4-Read theof each dish and interestedin any restaurant.



5- Make afor thein the supermarket



6-Turn..... your friends offer. It's important to regain



7- Set yourselfthat are Write all the thing you need to give.....because they cause you to gain weight.

