

Translate the following sentences into Arabic.

1. I think I am in good health as I am very active, and I exercise every day.

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2. I have to eat lots of fruits; as they are very tasty and extremely healthy. Therefore, I eat apples, grapes and bananas three times a week.

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3. It is important to drink plenty of water as it helps digestion, and it is good for the complexion.

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4. The number of children suffering from obesity is increasing rapidly; this is due to their unhealthy lifestyle, and the bad eating habits they follow.

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5. In my opinion, we must stop following an unhealthy lifestyle as this may lead several illnesses such as obesity and other illnesses.

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