

Answers:

She has a cough and a sore throat.	She should stop smoking.	She should start thinking about her health more, and know that smoking is bad for her.
He is overweight.	He should stop eating junk food.	He should start eating healthy food. For example, fruit and vegetables.
Her eyes hurt all the time.	She should stop watching too much TV and playing too many computer games.	She should start having new hobbies, instead of watching T.V all the time.
She feels sick and is starting to put on a lot of weight.	She should stop drinking too much soda.	She should start drinking water instead of unhealthy drinks.
Her teeth are decayed.	She should stop eating sugary foods.	She should start brushing her teeth twice a day and visiting the dentist.
He always feels tired and falls asleep at school and on the bus home.	He should stop going to bed late.	He should start going to bed early.