

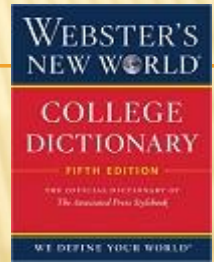
# HEALTHY LIVING GUIDE






# WHAT IS HEALTH?

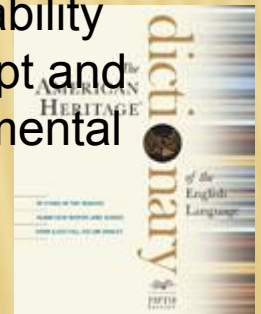
- Physical and mental well-being; freedom from disease, pain, or defect.
- Condition of body or mind.
- A wish for a person's health and happiness.
- Soundness or vitality.



Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

The image features a blue rectangular box with white text. To the right of the text is a white medical symbol, the Rod of Asclepius, which consists of a staff with a single snake coiled around it, set against a background of a globe and a laurel wreath.

**Health** is the level of functional and metabolic is the level of functional and metabolic efficiency of a living organism is the level of functional and metabolic efficiency of a living organism. In humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental or social changes



- The overall condition of an organism at a given time.
- Soundness, especially of body or mind; freedom from disease or abnormality.
- A condition of optimal well-being: *concerned about the ecological health of the area.*
- A wish for someone's good health, often expressed as a toast.

# FAMOUS SAYINGS

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**Look to your health; and if you have it, praise God and value it next to conscience; for health is the second blessing that we mortals are capable of, a blessing money can't buy.**



**Izaak Walton**

**May you have love that never ends, lots of money and lots of friends. Health be yours, whatever you do and may God send many blessings to you.**

**Irish Blessings**

**As I see it, every day you do one of two things: build health or produce disease in yourself.**



**Adelle Davis**

# PROVERBS

He who has no health has nothing.

Health is better than wealth.

A healthy man is a successful man.



In a healthy body, a healthy mind.

Live not to eat, but eat to live.

Early to bed and early to rise, makes a man healthy, wealthy, and wise.

An apple a day keeps the doctor away.





# QUESTIONNAIRE

***1. What is your attitude towards your health?***

***2. How often do you suffer from a disease?***

***3. What health problems do you usually have?***

***4. Have you ever had any serious problems?***

***5. Do you know what to do to be healthy?***

***6. What do you usually do to be healthy?***



# TIPS FOR HEALTHY LIVING



# Start morning with: morning exercises and healthy breakfast



go to school by **bicycle** or **on foot**



# Spend much time outdoors



## Be physically active



## Go in for sport



EAT ONLY BECAUSE YOU'RE **HUNGRY**, NOT  
BECAUSE YOU'RE **BORED, TIRED OR**  
**STRESSED!!!**

Eat **healthy** food



**EAT REGULARLY !!!**

**Eat less sweets and cakes**



**Eat more vegetables and fresh fruits**



**Drink a lot of water and fresh juices**



# Wear warm clothes in cold weather



# Take vitamins in autumn and spring



# Follow the daily

routine

## daily routine 1



wake up



get up



clean the teeth



wash the face



make the bed



make breakfast



have breakfast



go to school



have classes



come home



play chess



do the homework



read a book



watch TV



go to bed



sleep

isLCollective.com

# Follow safety rules



## Go to bed early



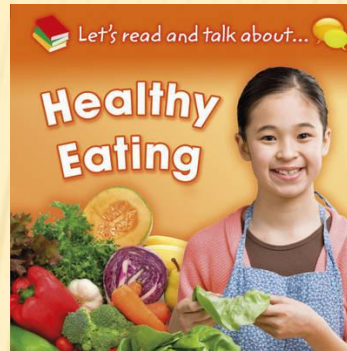
Go to bed early!



Get a good sleep!

4WEB.ID

**read and watch information about health**



**discuss health problems at school and at home**

**help each other to cope with health problems**



**Use mobile phones less**



**Play computer games less**

**Watch TV less**



# Be kind and positive



Always smile

