

HEALTHY LIVING GUIDE

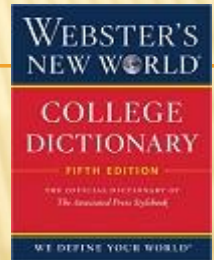




A collage of images and text bubbles on a purple and brown background. At the top, two overlapping yellow ovals with blue borders contain the words "WEALTH" in red and "SUCCESS" in green. Below this, there are four smaller images: a woman giving a thumbs up, a man celebrating with arms raised while sitting on a laptop, a family of four smiling together, and two women jumping joyfully in a field of tall grass under a blue sky.

WHAT IS HEALTH?

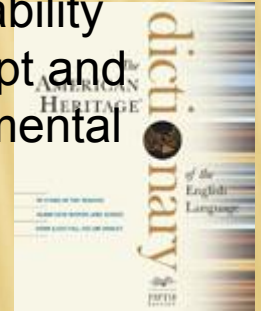
- Physical and mental well-being; freedom from disease, pain, or defect.
- Condition of body or mind.
- A wish for a person's health and happiness.
- Soundness or vitality.



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



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

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



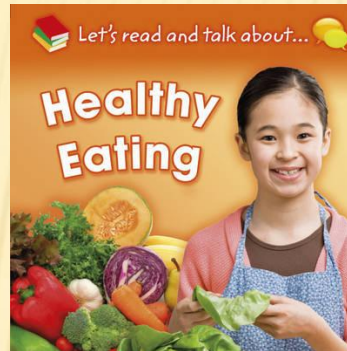
Go to bed early!



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

