

Keep fit and healthy



*****+ ache or sore *****

a sore bruise

a sore thumb

back + ache = a backache



flu



a sore throat

tooth + ache = a toothache

head + ache = a headache

a temperature

stomach + ache = a stomachache



HAVE / HAS + V3/ Ved

I have

You

We

They

have

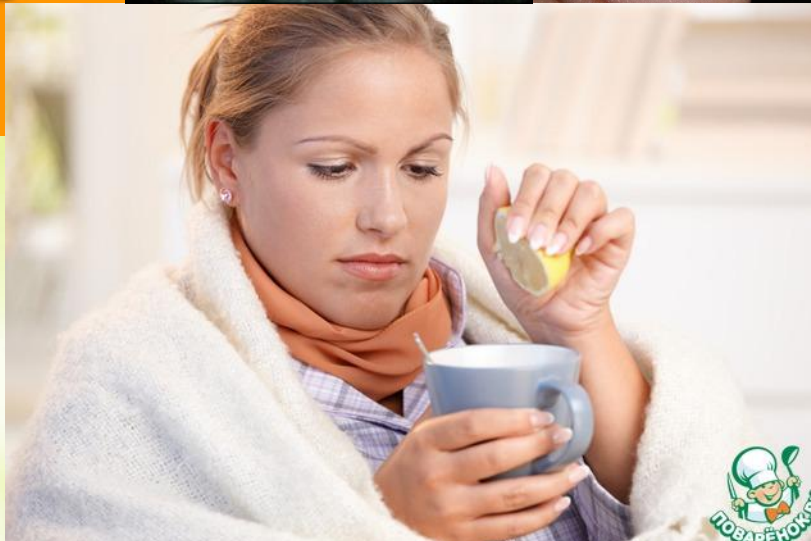
He

She

It

has

I have caught a cold.
He has hurt his leg.



Cut – cut – cut
Hurt – hurt – hurt
Break – broke – broken
Catch – caught – caught
Eat – ate - eaten



flu



bandage

stomachache



plaster



baking soda

a sore throat



onion



raspberry jam

a cough

a cold



honey



herbal tea

a burn

a cut



cranberries



garlic

toothache

If you have flu, you should ...

If he has a burn, he should ...

If they have a temperature, they should ...



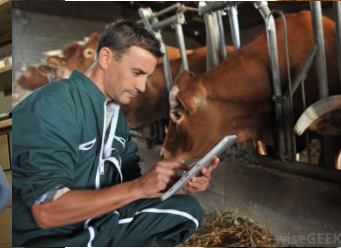
You **should**

walk
feed
clean the cage of
play with

your pet

**once
twice
three times
many times**

a day.
a week.
a month.
a year.



If your pet

doesn't eat
has a broken leg
is bored
looks unhappy

**you should
he / she should**

clean your pet's cage.
play with your pet once a day.
give your pet more love and care.
walk your pet twice a day.
take your pet to the vet.
have an X-ray.
have injections.
have fresh food and water.

HOW TO BE HEALTHY



Healthy and unhealthy food

Dare to Compare

FAT, SUGAR,
WHITE FLOUR, SALT,
PRESERVATIVES,
FOOD COLORING



UNHEALTHY

Hamburger, fries and soda*

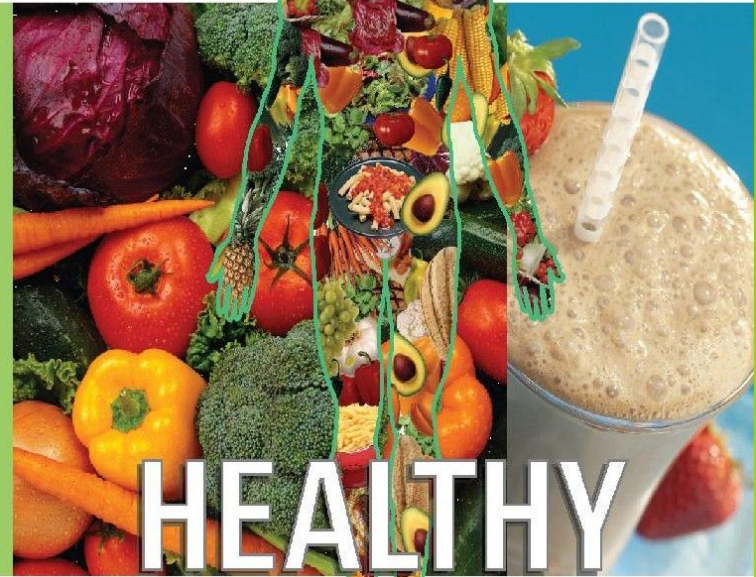
- 1,270 calories
- 49g fat
- 30g protein
- 70mg cholesterol

Two deluxe tacos*

- 586 calories
- 22g fat
- 20g protein
- 70mg cholesterol

Fast foods are excessively high in calories and deficient in nutrients.

VITAMINS, MINERALS,
FIBER, PROTEIN,
AMINO ACIDS,
PHYTONUTRIENTS,
ANTIOXIDANTS



HEALTHY

Herbalife® Formula 1
Healthy Meal
Nutritional Shake*

(1 serving of Formula 1, 8 oz. of nonfat milk and 1 oz. of strawberries)

- 228 calories
- 1g fat
- 18g protein
- 5mg cholesterol

Well-balanced, nutritious meals help you maintain a healthy weight.

UNHEALTHY FOOD YOU MAY THINK IS HEALTHY

by  PositiveMed

PASTA

Plain white flour with water and eggs is what you get from the supermarket. This means no vitamins, minerals, fiber or anything your body needs. So you're eating a bowl of shaped pasta as empty calories!



SOUP MIX

This can be seen as artificial mixture filled with salt and preservatives which are major contributors to heart diseases



WHITE BREAD

To put it simply, this is pasta shaped as bread.



KETCHUP

A spoonful of ketchup can be synonymous to a spoonful of sugar with a pinch of salt (with a pinch mean less salt than sugar, but still enough to be extremely harmful to your health)



DIET SODAS

These can be even worse than the sugar-filled versions because of the artificial sweeteners they use, which can increase the risk of certain kinds of cancer.



PEANUTS

The majority of peanuts sold as snacks these days come packed with huge amounts of salt, roasted and often coated in unhealthy fats or sugar.



SOY SAUCE

It has very high amounts of salt and other chemicals that are known to increase the risk of certain kinds of cancer



FRUIT JUICE

Commercial fruit juice is pumped with extra sugar and the pulp, which provides the essential fiber has been removed.



 PositiveMed

Look Great Feel Great

Fruits

1. Berries: blueberries, blackberries, raspberries ect..
2. Apples
3. Bananas
4. Oranges
5. Avocados: *The blacker the better*
6. Limes & Lemons: *Find the heavy ones... They'll have more juice*



Nuts & Seeds

Unroasted, Unsalted, Unsmoked Nuts. **RAW**. Store in Fridge

19. Almonds
20. Walnuts
21. Flaxseeds
22. Sesame Seeds



Meat, Fish, and Poultry

23. Boneless, Skinless Chicken Breasts
24. Roast Turkey Breast
25. Boneless Lamb Loin
26. Wild Salmon
27. Fresh Sole



Eggs & Dairy

33. Omega-3 Organic Eggs
34. Feta Cheese
35. Plain Nonfat Yogurt



Staples

40. Almond Butter
41. Cashew Butter
42. Extra-Virgin Olive Oil
43. Green Tea Bags
44. Rice Vinegar, Unseasoned



Vegetables

7. Baby Spinach
8. Baby Mixed Greens
9. Broccoli
10. Carrots
11. Tomatoes: Vine ripened or hot house
12. Cucumbers
13. Beans
14. Peas
15. Onions
16. Garlic
17. Herbs (bunches): Rosemary, Flat-leaf Parsley, Cilantro, Tarragon
18. Peppers



Frozen

28. Frozen Shrimp Cooked
29. Frozen Mixed Berries



Organic Soy Product

30. Plain, Unsweetened Soymilk
31. Plain, Unsweetened Soy Yogurt
32. Tofu



Whole Grains

36. Brown Rice, Long Grains
37. Whole Rye or Flax Bread
38. Steel-Cut Oats
39. Quinoa



Drinks

45. Bottled Water



Extras

46. Dark Chocolate
47. Cocoa Powder





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