



**5 STEPS  
TO A HEALTHY  
LIFESTYLE**

# Healthy food

STEP 1

**Eating is considered as one of the most important parts of our everyday living. And we can't expect our life to exist without it.**



# Fruits and vegetables

are one of the healthy foods found on earth. This type of category includes all frozen, canned fruit/vegetables and French food. Fruits and vegetables are the good source of minerals, vitamins and fibers. It is suggested to have around five portions of fruit and vegetables daily.



STEP 2

# Physical activity

**Physical inactivity is as dangerous to our health as smoking!**



## STEP 3

# To Sleep enough

- Sleep is food for the brain.
- It helps you to manage the stress.
- When people don't get enough sleep they are more likely to have an accident or illness



## STEP 4

# Drinking water

**The human body is made up largely of water.  
Up to 75% of our body is water.  
A normal human needs about 2 to 3 litres of  
water a day to survive.  
Drink enough water and you'll stay in good  
condition!!!**



# STEP 5

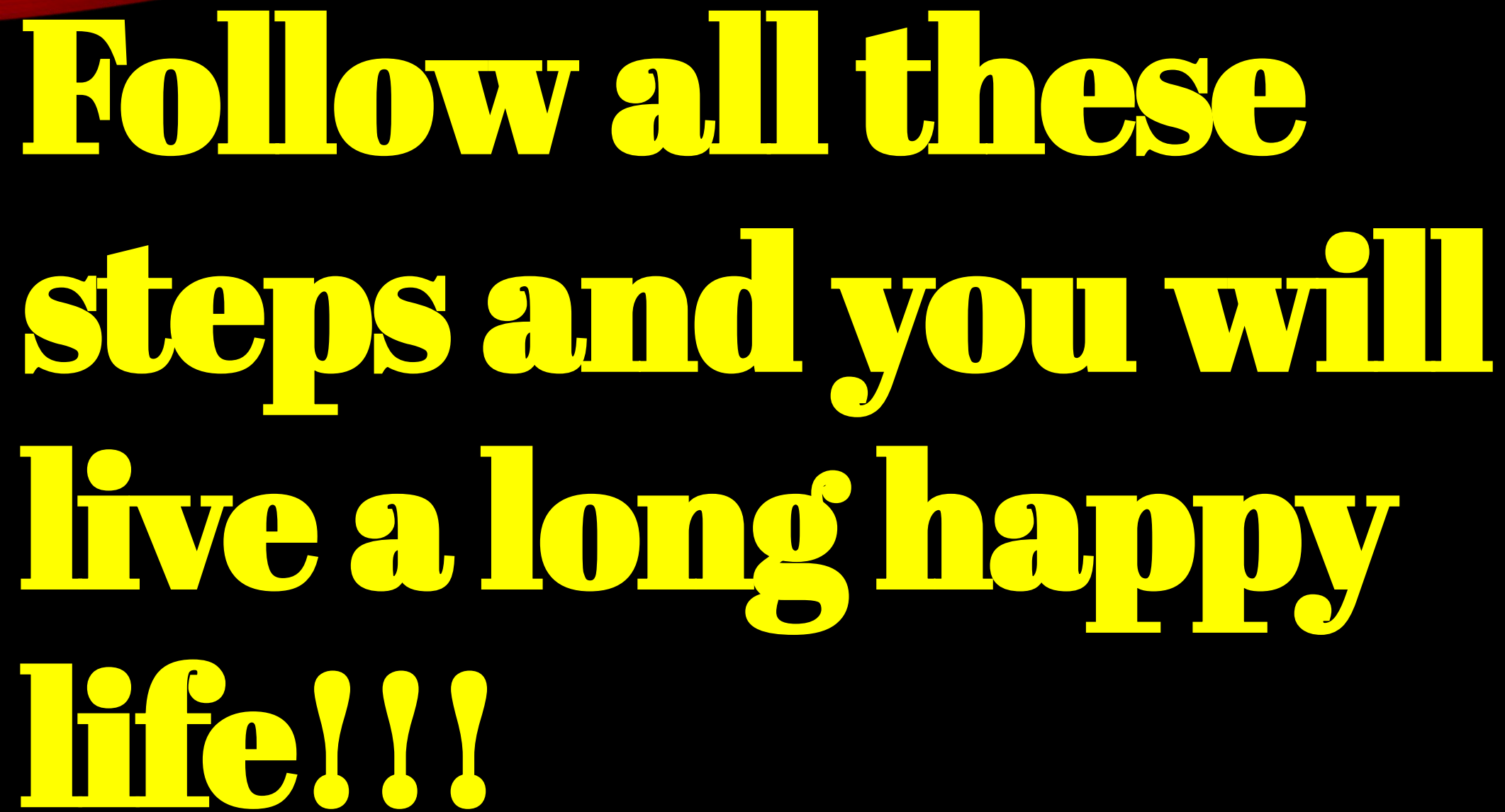
## No to addictions

**Addiction is a disorder of the brain's reward system.**

**There are 2 types of addiction:**

- Physical addiction**
- Psychological addiction**





**Follow all these  
steps and you will  
live a long happy  
life!!!**