HEALTHY MIND HEALTHY BODY

PRACTISE MEDITATION TO ACHIEVE PIECE OF MIND



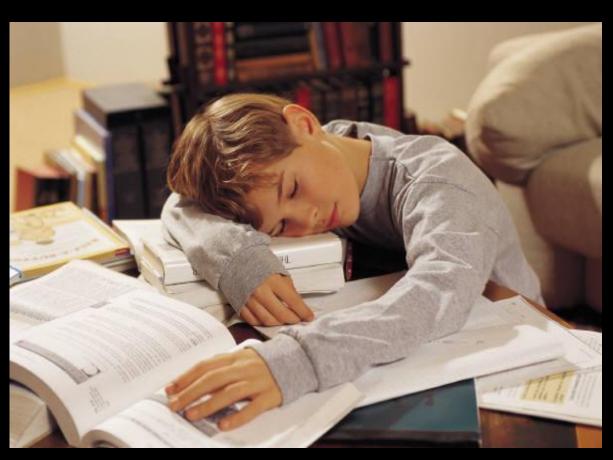


MAKE ETHICAL CHOICE HOW DO YOU THINK WHAT ARE THEY GOSSIPING ABOUT?





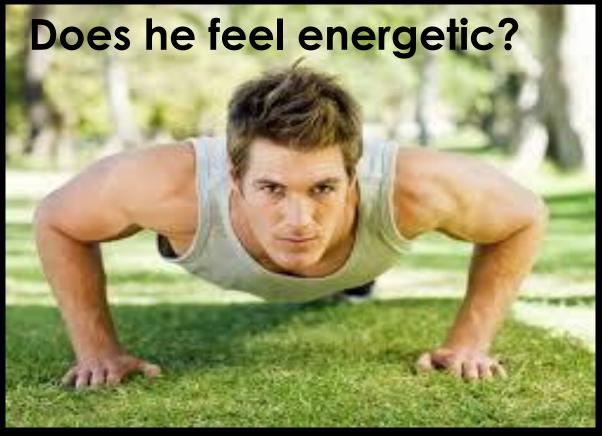
GET THE SLEEP YOU NEED DO THEY FEEL TIRED? HOW MANY HOURS DO YOU SLEEP? DO YOU GET THE SLEEP YOU NEED?





EXERCISE REGULARLY HOW DO YOU FEEL AFTER THE TRAINING?





SOLVE CROSSWORDS AND EXERCISE YOUR MIND HOW DO YOU EXERCISE YOUR MIND?



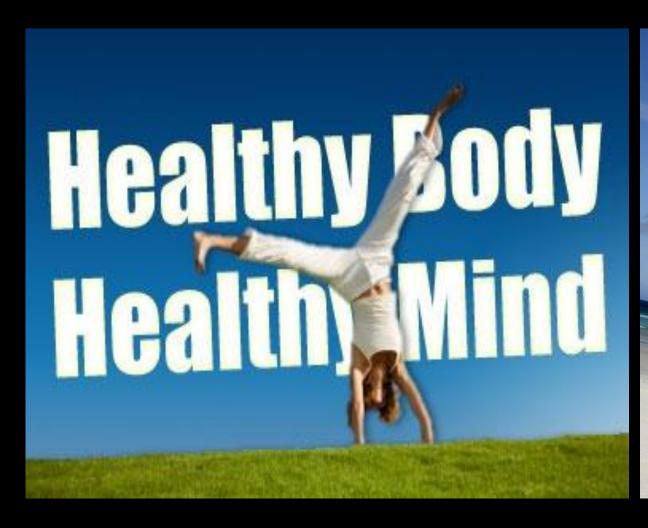


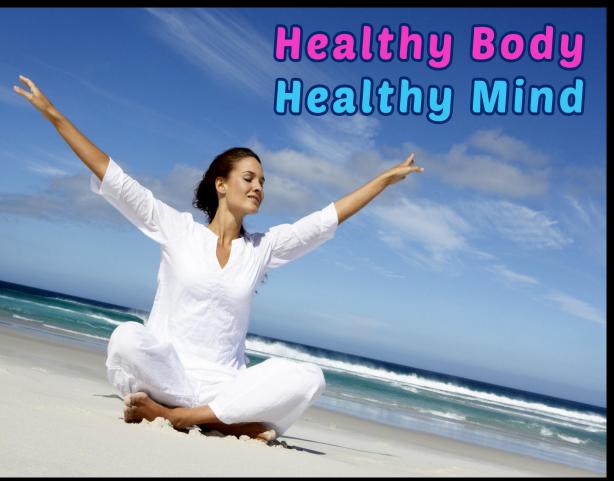
MANAGE YOUR STRESS HOW DO YOU MANAGE YOUR STRESS?





WHICH OF THESE ACTIVITIES CAN HELP YOU HAVE A HEALTHY BODY? A HEALTHY MIND





MODERN MARVELS OR NEW NASTIES? WHAT GADGETS DO YOU HAVE? HOW OFTEN DO USE THEM?





HOW CAN THE PROBLEMS BE RELATED TO THE GADGETS?

 You can get shoulder strain from playing for too long on a games console

You can get hearing loss from

You can get thumb arthritis from

You can get a skin infection from

You can get eye strain