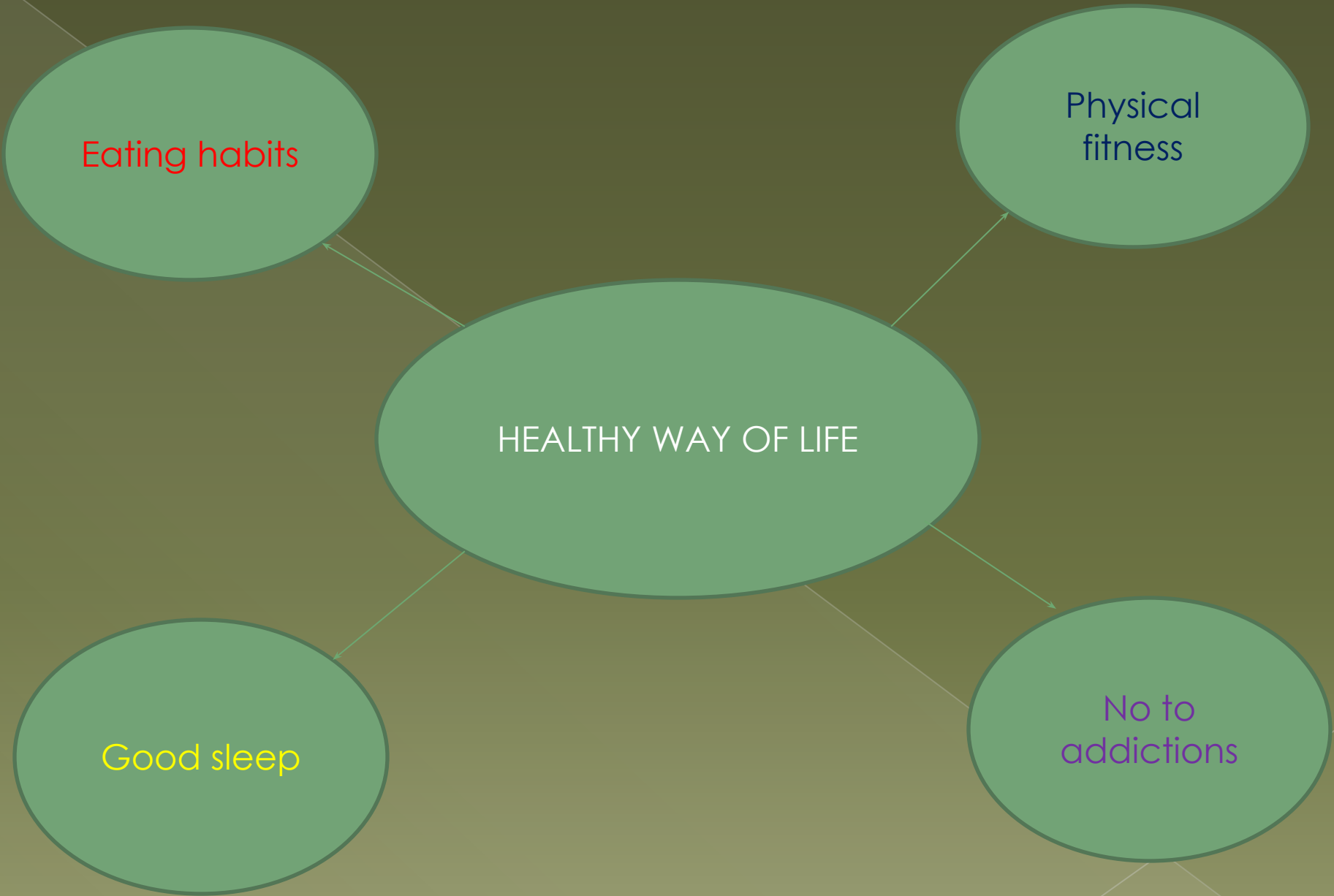




# Healthy Lifestyle



Eating habits

Physical  
fitness

HEALTHY WAY OF LIFE

Good sleep

No to  
addictions

# Eating habits

Eat a variety of foods. You need more than 40 different nutrients for good health, and no single food supplies them all. Your daily food meals should include bread and other cereals; fruits; vegetables; dairy products; and meat, fish and beans.



## Vegetables and fruits

Vegetables provide vitamin A which helps us have healthy skin and good eye – sight. Fruits give us vitamin C which helps our bodies heal and grow new cells.



## Meat , fish , beans and nuts

Meat , fish ,  
beans and  
nuts contain  
protein and  
iron which  
help build  
stronger  
muscles .



# Physical fitness

Regular physical activity is an important part of a healthy lifestyle. It helps prevent diseases and makes the quality of life better. The more you exercise, the stronger you are. The better your health is, the better you are. The happier you are, happier you will live.





# No to addictions

## **There are two types of addiction.**

1. Physical addiction is when a person's body becomes dependent on something and wants more and more of whatever it is to be able to feel OK.
2. Psychological addiction is when someone wants something which will change their mood or feelings. They may not get physical withdrawal symptoms, but they may feel lonely, depressed or anxious if they can't get the thing that they want.

# No to addictions

People can become addicted to a wide range of things:

1. drugs- legal and illegal;

2. alcohol;

3. tobacco;

4. Sniffing glue or petrol.





# Good sleep

Sleep is food for the brain. During sleep, important body functions and brain activity happens. Sleeping little can be harmful. You can look bad, Feel bad, and you work poorly. If you don't sleep enough, you may find it difficult to get along with your family and friends and get bad marks at school.



*I am for a healthy  
lifestyle!*

