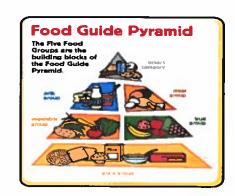
# **Living a Healthy Lifestyle**

#### 1. Balanced Meals

- ➤ Drink plenty of water 8 glasses of water a day
- > Eat 5 fruits and vegetables a day
- > Follow the food guide pyramid
- > Eat balanced meals
- ➤ Eat breakfast with juice and food like a bagel, yogurt, fruit, cereal
- > Avoid "junk" such as soda, candy, and fast food



#### 2. Exercise



- ➤ Do some sort of exercise each day run, walk, bike, swim, basketball, football, working out, etc.
  - > Helps stimulate the mind and thinking
  - Stretching and strengthening exercises

### 3. Hygiene

- > Wash your hands after using the bathroom
- ➤ Use deodorant daily
- ➤ Take a daily shower/bath
- > Wear clean clothes
- > Personal care of your body





## 4. Sleep

- ➤ Get at least 8 hours of sleep every night
- ➤ Go to sleep at the same time each night
- ➤ Wake up at the same time each morning

### 5. Everyday Living

- > Have a positive attitude and believe in yourself
- > Spend time with loved ones for a sense of connection
- > Find ways to reduce stress such as a personal hobby
- > Be safe, responsible, and respectful of yourself and others

