

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



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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

