



2026



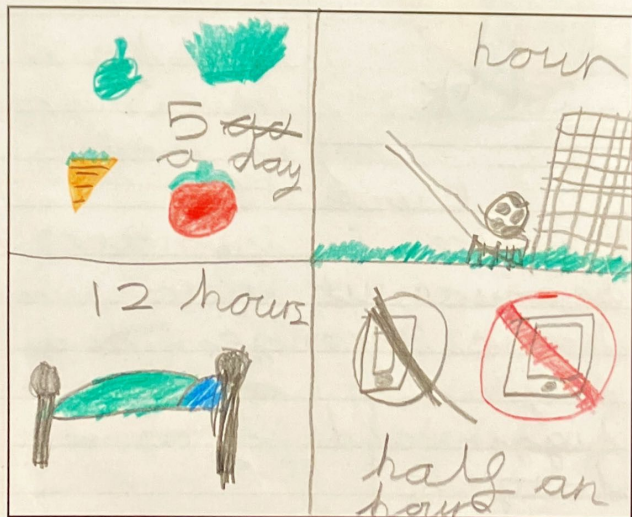






My Book About

Healthy Living

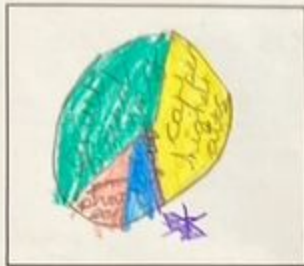


Written by

Oscar James F.P.

Purves

twinkl.com



Balanced diet

You need a balanced diet because you can get lots of energy and your body can repair itself.

Exercise

Exercise is important because it makes your bones stronger and they also can grow bigger and stronger larger.

Water

Water is important because when you go to bed you can go to sleep easily.

Inside

Sleep

You must get 12 hours of sleep because your brain and body can repair itself you are staying still and not getting distracted.

Screen Time & Relaxation



half an hour
can catch your breathe
run around

Inside

Relaxation is one of the things you need it helps you get your energy back

on or you
alot

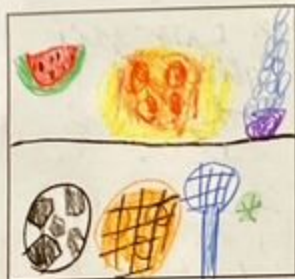
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River Fly Rhodes



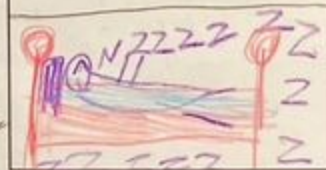
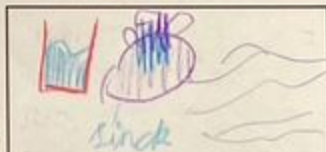
Balanced diet

It is healthy to eat a balanced diet because if you just eat fruit and vegetables then your tummy

will hurt. A balanced diet is some fruit and vegetables and some other also some sweets and other bad food. Exercise! Your body would love it if you play lots of sports or run around because it gets your body to heart pumping.

Some good exercise is football or tennis or riding a bike and other things to get your body moving. Water! It is very good to drink lots of water because it makes you stay more hydrated.

Be careful you don't drink too much water because you might die.



Sleep! It is important to get lots of sleep because then in the morning you are