



Healthy Living Week

2025





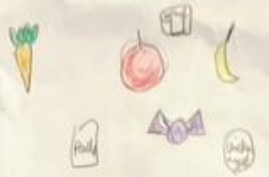









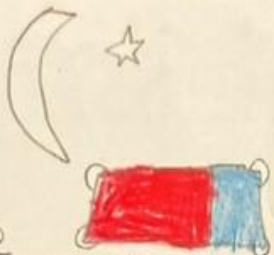




Healthy	H habits
<p>Diet</p> 	<p>Physical activity</p> 
<p>You <u>should</u> have a balanced diet <u>because</u> each food gives your body something good <u>but</u> be careful not to eat too many words</p>	<p>You <u>have</u> to have at least an hour of physical activity a day <u>because</u> it gives you energy <u>and</u> it keeps you strong</p>
<p>Sleep</p> 	<p>Devices</p> 
<p>You <u>won't</u> always have at least 6 hours of sleep <u>because</u> if you don't your brain won't <u>reap</u> and you'll get all mixed up in <u>with</u> <u>upside</u> <u>down</u></p>	<p>Are you sure you will be on your device every second of the day? Get a limit get more active no more <u>distraction</u></p>

more

HEALTHY Habits



Sleep

children should get
at least 9-12
hours of sleep every
night.



Device

You shouldn't have any
electronic device before
going to bed.



Diet

You need to have
lots of vegetables
and lots of fruit.
You also need lots of
water.



Exercise

You need to have
60 minutes of exercise.

Rayna

How to stay healthy

HEALTHY
FOOD



You should eat healthy food because it will give you lots of energy and it will make your bones lots more healthier.

SPORTS

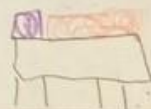


You should do healthy sports because it will not make you fat and it will make you very strong.



BRUSH
YOUR
TEETH

You should brush your teeth because ~~it~~ otherwise you will get cavities.



You should at least have 10 hours of sleep every night.