Relaxation

- Relax your body by laying down.
- Go outside and run or walk.
- Ride a bike for 30 minutes.
- Go on a holiday.

Healthy choices make you happy

By: Hiep and Vance

Making healthy choices!
**DIET**

- Eat healthy and eat more fruit.
- Eat 2-4 serves of vegetables each day.
- Don’t eat too much junk food.
- Eat more healthy food.

**Exercise**

- Walk to the park for exercise.
- Go on the treadmill machine.
- Exercise for one hour each day.
- Go to the gym.

**Healthy mind**

- Relax by taking deep breaths.
- Relax your mind by meditating.
- Getting angry is not good for your mind.
- Sleep between 10-12 hours a day.