**Relaxation**

- Meditate for 1/2 an hour in your spare time.
- Watch your favorite T.V. show for a short time.
- Read a favorite book.
- Spending quality time with family e.g. picnics

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**Making Healthy Choices**

- Life is a happy and healthy place

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By: Zena, Lilly

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Deer Park North Primary School

By: Zena, Lilly
Diet

- You should have a variety of food from the food pyramid.
- Only eat fatty food on special occasions.
- Have 1-2 serving of fruit and 2-4 servings a day.
- Have 3-4 cups of water a day.

Exercise

- You should exercise for at least 1 hour a day.
- You should do a variety of sports and not just one.
- When you run your pulse is faster than before.
- Exercise more instead of being lazy.

Healthy Mind

- Get at least 10 hours of sleep.
- Make friends and keep happy.
- Meditate to relax your mind and body.
- Find some time to relax every day.
- Eat lots of different healthy foods.