RELAXATION

- Watch T.V
- Go on a holiday
- Have a cold drink

BE HEALTHY, BE HAPPY

BY: ZEYNEB, HAYLEY

MAKING HEALTHY CHOICES

Enjoy being healthy

BY: ZEYNEB, HAYLEY

MAF

DEER PARK NORTH PRIMARY
Diet

- Have a healthy balanced diet
- Don't have too many fizzy drinks
- Don't eat too much junk food
- Eat healthy food

Exercise

- Walk a dog
- Use an automatic exercise machine
- Stretch your body
- Go to the gym everyday

Healthy minds

- Have about 10 hours of sleep
- Be kind and friendly to others
- Think about good things
- Meditate to relax your mind and body