Making healthy choices

Do more exercise to keep you healthy.

Relaxation

- Meditate for relaxation and to keep you calm.
- Relax when you come back from work or school.
- Find some time to relax.
- Go on a holiday to find a place to relax.

- Make sure you exercise every day.
- Eat less junk food and sweets.
- Eat healthy food everyday.
- Have a healthy lifestyle.

By Katelyn Rose Drake and Tilo Seve
Diet

- Drink water.
- Don’t eat junk food you will get over weight.
- Eat less chips and lol-lies.
- Keep fit everyday.

Exercise

- When you exercise you start to lose weight.
- Keep your bones and muscles strong.
- The more you exercise the more it keeps body healthy.
- Do at least 1 hour of exercise.

Healthy Mind

- Get about 10 hours of sleep each night.
- Use calming strategies
- Meditate to relax your mind.
- Have times to think of good things