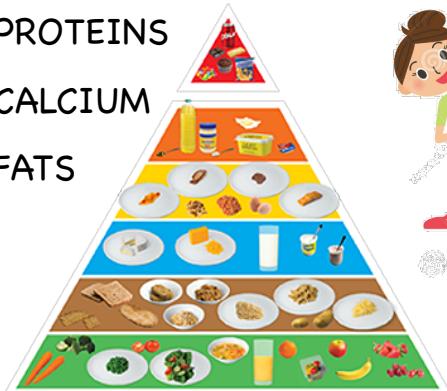


# HEALTHY HABITS

## BALANCED DIET

Eating **food** from different groups to get different **nutrients**:

- VITAMINS
- MINERALS
- CARBOHYDRATES
- PROTEINS
- CALCIUM
- FATS



## EXERCISE

Exercise is good for your respiratory, circulatory and locomotor system.

It is also good for your mental health.



## PERSONAL HYGIENE

Take care of your personal hygiene:

- BRUSH YOUR TEETH
- WASH YOUR HANDS
- HAVE SHOWER FREQUENTLY
- USE A TISSUE WHEN YOU SNEEZE OR BLOW YOUR NOSE



## REST

Rest help our body recover from our daily activities.

Get at least 9 hours of sleep at night.



## CHECK-UPS

Visit your doctor from time to time.

