



Healthy Living



What does it mean?



Staying Healthy

There are many ways to stay healthy.
Some of these ways are:

Exercising regularly



Eating healthily



Having a happy attitude



Having a healthy sleep schedule



Why do you think being healthy is so important?

Exercising Is Fun!

Doing regular exercise will help us all feel great and keep our bodies strong!

Our hearts need to be kept active and pumping.

Exercise also burns fat.



Ways to Stay Active:

Walking



Playing games



Dancing



Can you think of any more?

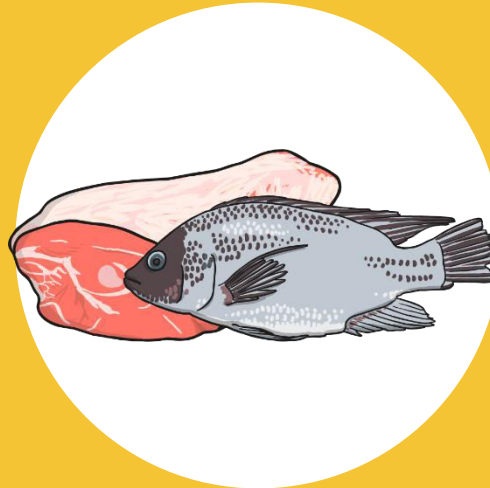
Healthy Foods

We should aim to eat 5 portions of fruit and vegetables a day.

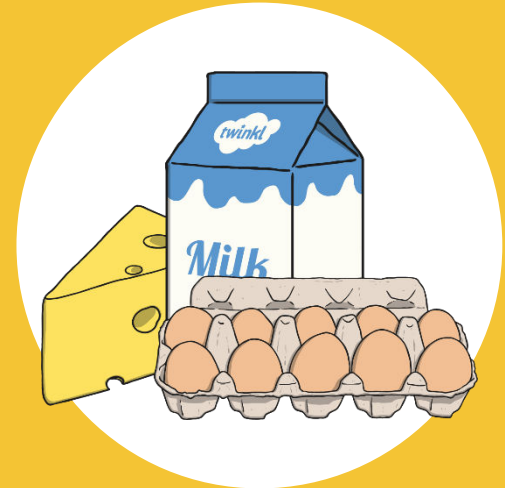
Fruit and
vegetables



Fish and
meat



Eggs, milk
and cheese



Unhealthy Foods

It is perfectly fine to eat a little bit of unhealthy food but eating too much unhealthy food could make us overweight and not feel great.

Cakes and sweets



Chocolate



Chips and crisps





Can you think of any unhealthy things that people do?

Did you know that eating well and exercising stops us from being ill?





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