

Be Healthy For Life

Eating Right Makes You

- Eat on a regular basis - three main meals; breakfast, lunch and dinner
- Eat nutritious snacks

Remember...

- Do not overeat
- Be active
- Check your weight and height

- Eat a variety of food. It gives you energy and nutrients that your body needs; to grow and develop, for you to move, learn and play
- Choose and eat in clean eating places



Exercise For A Healthy Body And Mind!

- Exercise at least three times a week, 20 - 30 minutes each time
- Exercise makes you more energetic and fit
- Always warm-up before and cool down after exercising
- Wear comfortable and proper shoes and clothing, and drink plenty of water
- Choose the activities you like, e.g: skipping, swimming and playing football
- Exercise with your family and friends - It's fun!

Smoking Is Dangerous!

- Smoking can kill
- Smoking is a dangerous habit and is addictive
- Cigarette smoke contains 4,000 poisonous chemicals
- Cigarette smoke is dangerous even to non-smokers
- Protect and remind your family and friends about the dangers of smoking
- You will be more active and healthy if you don't smoke

Don't ever start to smoke!



Learn To Deal With Your Anger!

- Stress happens when you're worried or uncomfortable about something
- Stress, when it lasts too long... too much... and if you are unable to cope makes you ANGRY!
- Anger is bad for you when it occurs too often and may make you want to hurt others and yourself
- What to do when you are angry:**
 - Admit that you are angry
 - Try to cool down
 - Find out why you are angry
 - Try to listen to the other person
 - Learn to forgive
 - Talk to someone
 - Accept that people do make mistakes

Eat right, exercise, don't ever start to smoke and learn to deal with your anger.

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