Healthy Living

What does it mean?

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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?

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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.

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Ways to Stay Active:

Walking

Playing games

Dancing

Can you think of any more?

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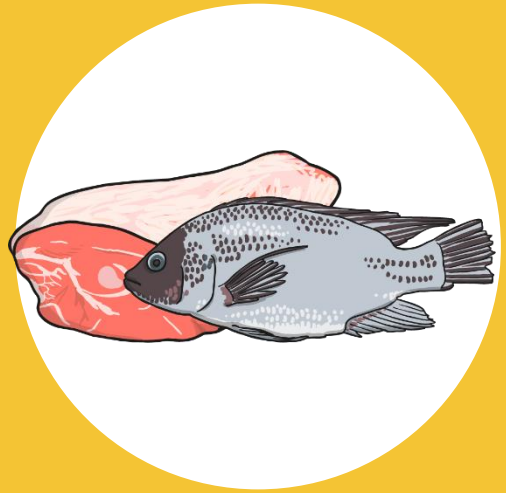
Healthy Foods

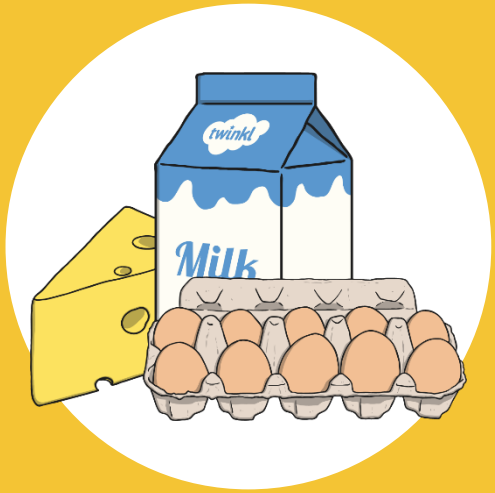
We should aim to eat 5 portions of fruit and vegetables a day.

Fruit and vegetables

Fish and meat



Eggs, milk and cheese



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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

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Can you think of any unhealthy things that people do?

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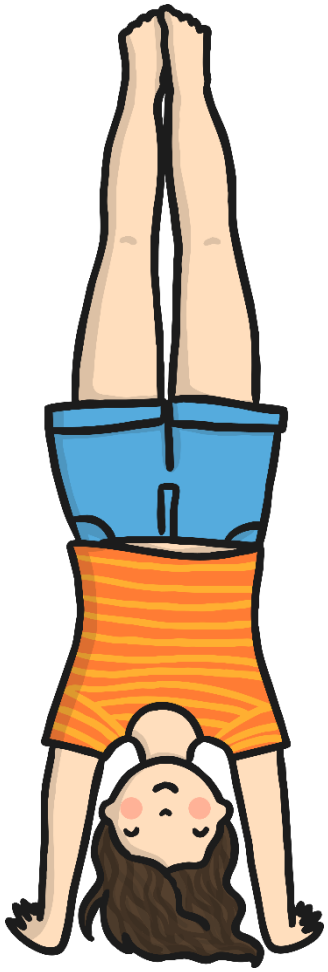
Did you know that eating well and exercising stops us from being ill?



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Can you list at least 10 healthy foods?

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