



# 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?

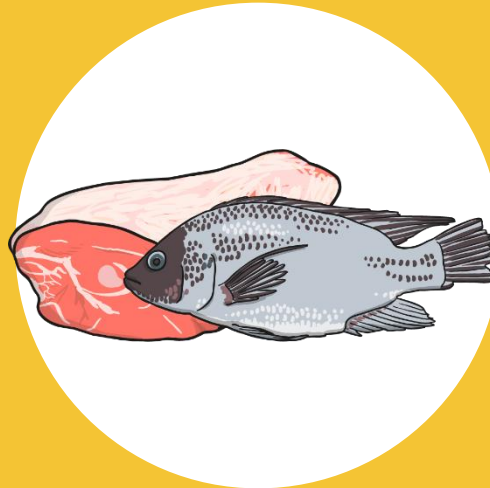
# Healthy Foods

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

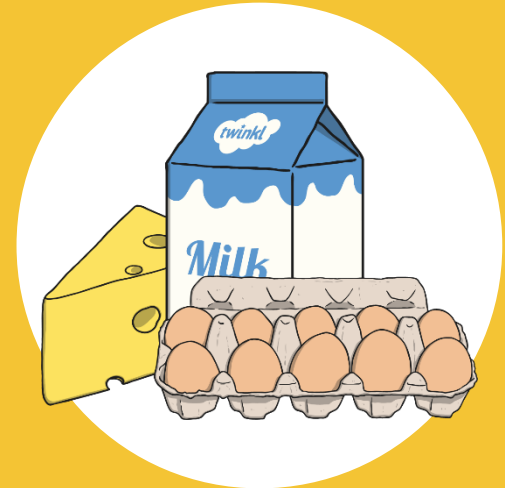
Fruit and  
vegetables



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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