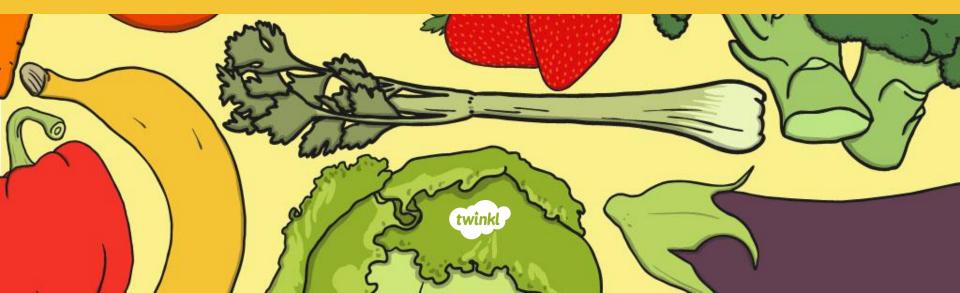


# Healthy Living



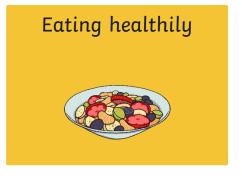


### Staying Healthy

There are many ways to stay healthy.

Some of these ways are:









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.

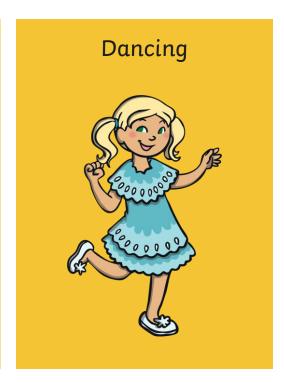
Exercise also burns fat.



#### Ways to Stay Active:







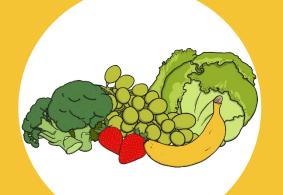
Can you think of any more?

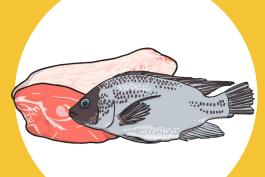
We should aim to eat 5 portions of fruit and vegetables a day.

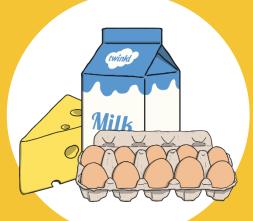
Fruit and vegetables

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?



