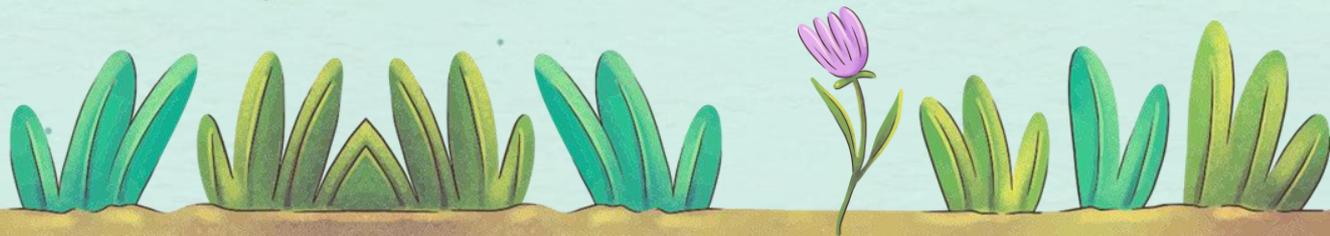




Healthy lifestyle

Tips that can help you to stay fit and healthy



By Maša Stokić



**Let's create awareness on
the importance of living a
healthy life because we
care!**





Why to be healthy?

~ To live longer

~ Have more energy

~ Look and feel better

~ Better mental care

~ Better lifestyle...





What is a healthy lifestyle?

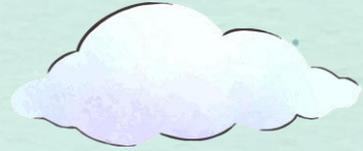


A healthy lifestyle is one that helps to keep and improve people's health and well-being.





5 STEPS TO A HEALTHY LIFESTYLE



5 steps to a healthy lifestyle



Get active for an hour or more each day



Choose water as a drink



Eat more fruit and vegetables



Eat fewer snacks and select healthier alternatives

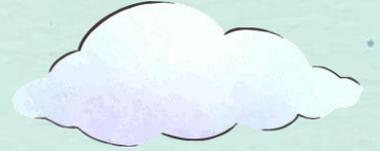


Turn off the TV or computer and get active





Exercise



To maintain good health and well-being.



Good exercise habits:



~ walk

~ use a bicycle

~ swim

~ walk up steps instead of elevator





How much exercise?

- ~Ideally 20-30 minutes about 4-5 times a week
- ~Make it pleasant not just to loose weight



Healthy diet



**Food and water are needed to survive,
provide**

energy, growth, repair and good health.

Food also provides nutrients such as:

~ **Carbohydrates**

~ **Fats**

~ **Proteins**

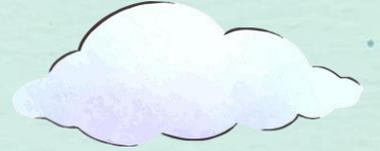
~ **Vitamins**

~ **Minerals**





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~ walk up steps instead of elevator



A glass of water being poured against a scenic background. The background features a blue sky with white clouds, a yellow sun with a smile, and a body of water with hills in the distance. A cartoon girl with orange hair in pigtails, wearing a yellow dress, is running in the bottom right corner. The text "Choose water as a drink" is displayed in a white rounded rectangle with a green border.

**Choose
water
as a drink**



**Eat more
vegetables**

HEALTHY EATING PYRAMID

BALANCED DIET

This is healthy eating pyramid

Water - minimum of 8 SERVINGS



Milk, Yogurt, & Cheese Group
2-3 SERVINGS



Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



Weight control



Daily exercise



Sleep 7-9 hours



Balanced diet



Coffee Tea

M.S

Fats, Oils, & Sweets
USE SPARINGLY



Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS



Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS



Alcohol in limited quantities



Useful tips

- **Always consult your doctor**
 - **Do a check up**
 - **Plan your food**
 - **Keep it simple**
 - **Vary your food**
- **Start your day with a healthy breakfast**
- **Eat small regular healthy snacks**
 - **Drink plenty of water**
- **Eat more healthy carbohydrates**
 - **Eat protein with every meal**
- **Encourage others do the same! !**





**Enjoy being and feeling
happy**

**And thank you for your
attention!**

See you!!!



By Maša Stokić