

eat healthy
live healthy
be healthy

Odium.tumblr.com

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Introduction:

- This presentation is all about being healthy and relaxed. We give you loads of different ways to relax or be healthy. We also wrote down the benefits of each.
- I hope you like our ideas and use some of them to live healthy and be healthy.



Eat plenty of fruit and vegetables

This can lower blood pressure, reduce the risk of heart disease and stroke.



Get plenty
of sleep and
rest

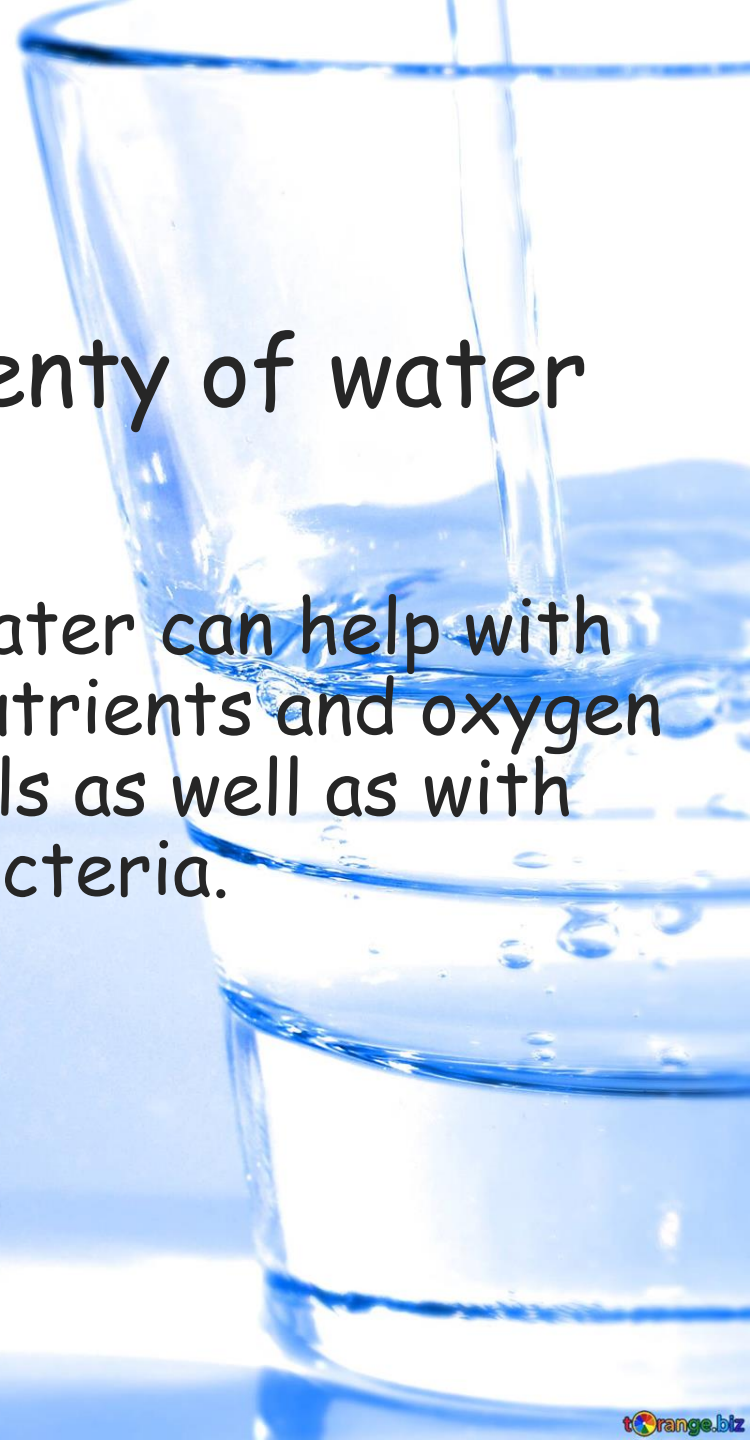


Plenty of sleep
can reduce
stress and
improve your
mood. It also
helps you in
school or work.



Drink plenty of water

Drinking water can help with carrying nutrients and oxygen to your cells as well as with clearing bacteria.



Eat a yogurt

Yogurt is high in protein and nutrients. It may strengthen your immune system.





Play with friends

Playing with friends can boost your happiness and reduce your stress. It can also improve your self-confidence and self-worth.

Play games on the laptop

Playing games on the laptop can improve problem-solving skills and logic as well as increase hand-to-eye coordination.





Have a family meal

Having a family dinner can help with better academic performance and higher self-esteem.

Go on a
relaxing
holiday

Going on a
holiday can
decrease stress
levels and
improve
emotional
health.



Play on the iPad

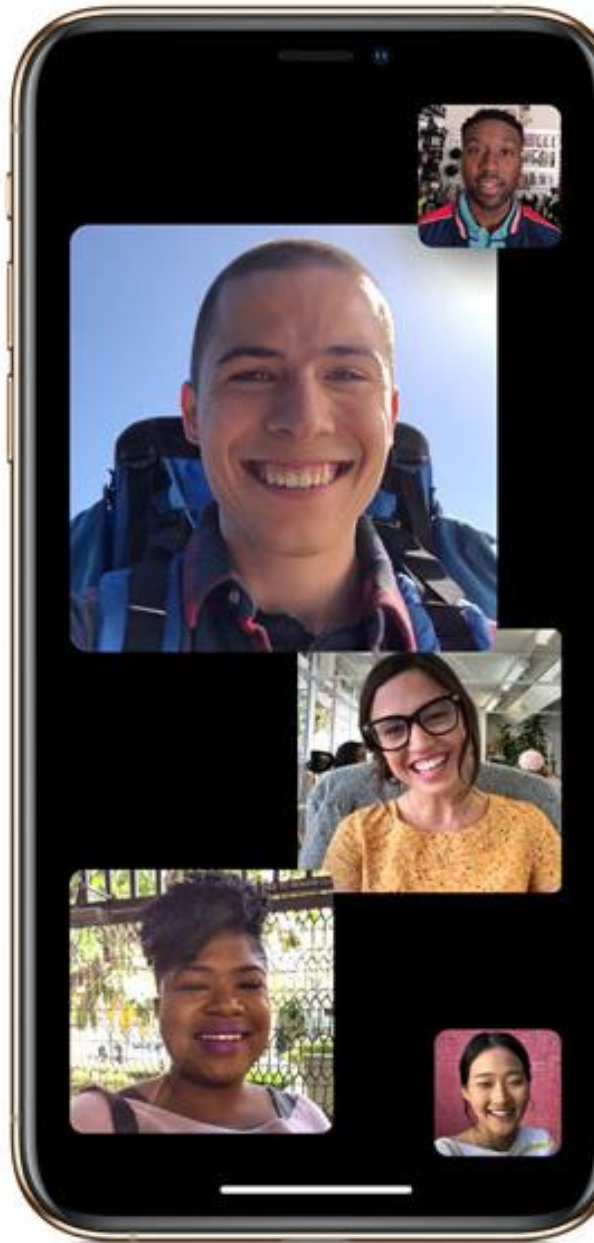
Playing on the iPad can produce greater multi-tasking ability. It can help with faster and more accurate decision-making.





Go for a
swim

Swimming
helps
build
endurance,
muscle
strength
and can
keep your
body
healthy.



Video chat with family

Video chatting allows family to check-in on a more frequent basis. It can help with self-esteem.

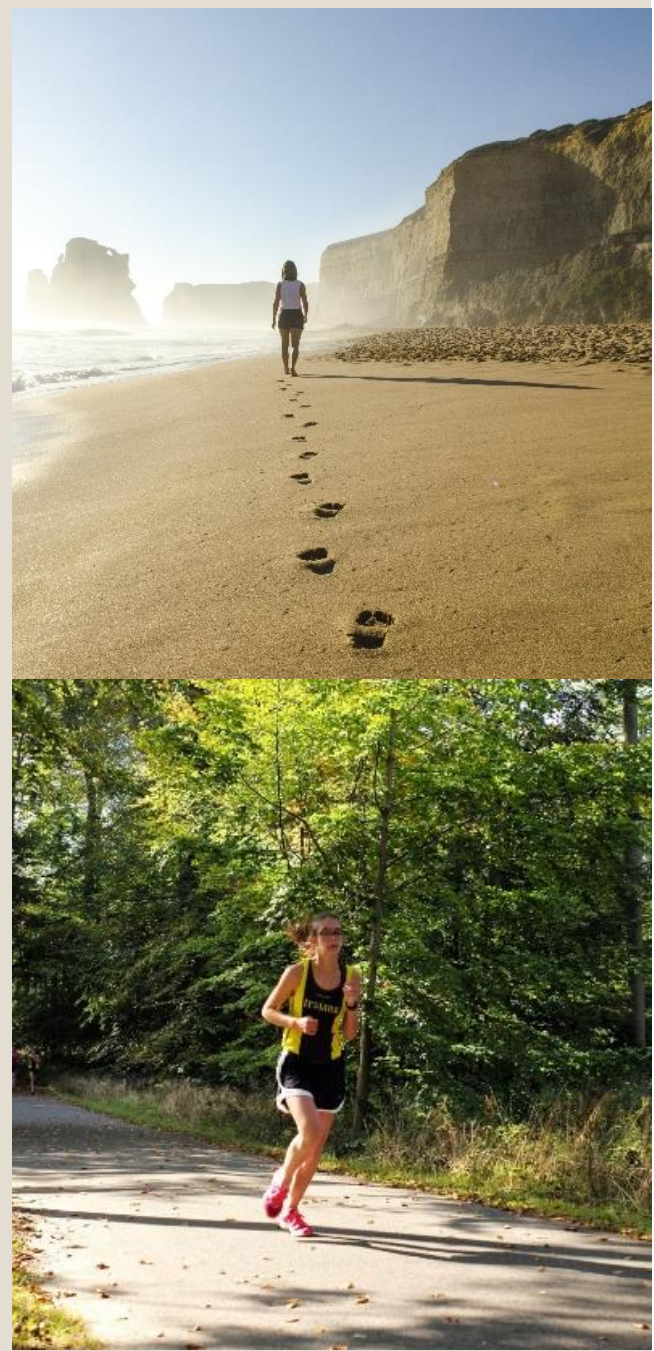
Read a book

Reading
increases
general
knowledge and
can reduce
stress.



Go for a walk or go
for a run

Running can help
strengthen muscles and
help maintain a healthy
weight.





Help others

Helping others can create a sense of belonging. It also gives you a sense of purpose.



Listen to music

Listening to music
eases pain and it
stimulates
memories.



Watch a movie with family or friends

Watching a movie with family boosts self-confidence and strengthens family bonds.

Conclusion:

- Thank you for listening to our presentation
I hope you enjoyed it and liked our ideas.



The End