

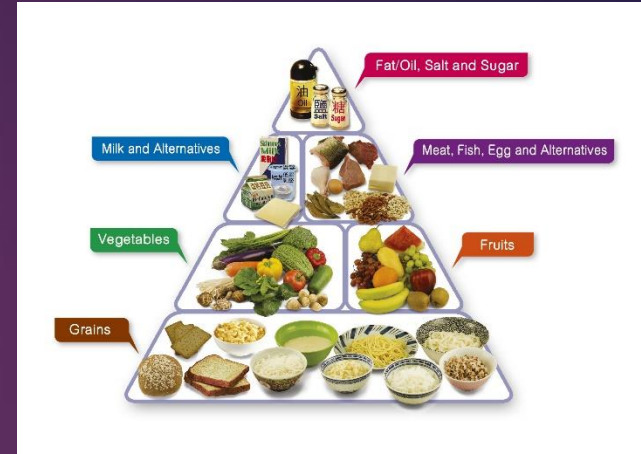
grains



protein

Salad and fruit

fats



HEALTHY ME

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GOOD HYGIENE

To stay clean have a nice warm shower also wash very well with soap and all over. Every time you get out off a shower put on clean clothes because don't put on the same clothes and all the smells will come back. Another good way to stay healthy is to brush your nice sparkly white teeth two times for two minutes to stay **healthy**.



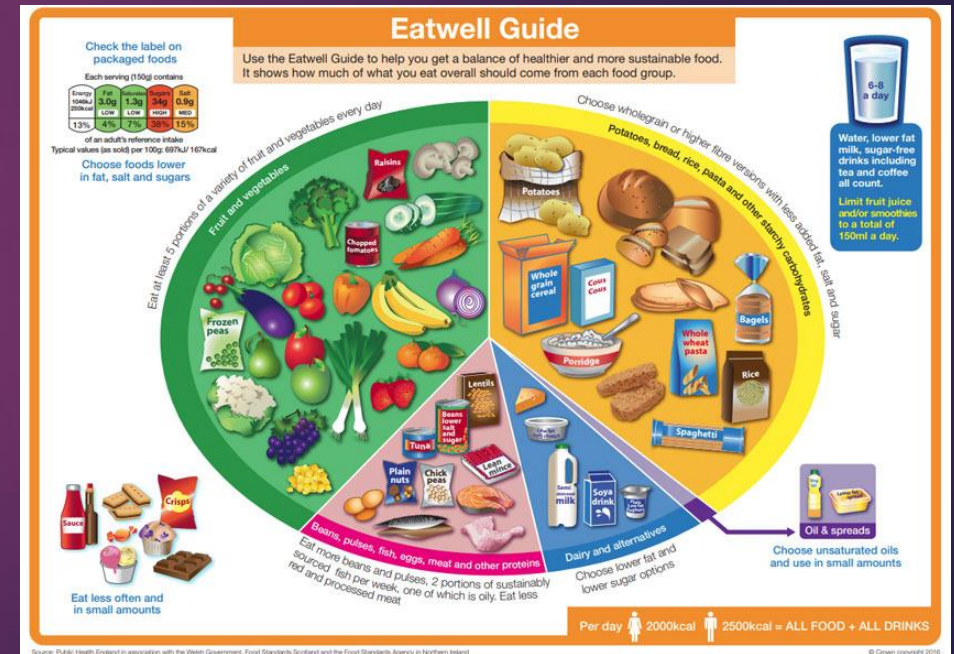
EXERCISE

Exercise is important because you get flexible. Being active like you go for a jog, going on the treadmill and to get strength. In addition you can go for a walk , run, and go to the gym. being active can keep your lungs better.



BALANCED DIET

A **balanced diet** includes eating fruit , vegetables, dairy, protein and a little off fats and sugar. It is important to have a variety to help your heart function. A balanced diet gives you vitamins and minerals



SLEEP



It is important to get plenty of **sleep** for our whole body . Also it makes you have lots of energy. In addition some times it fights germs and helps us to heal and grow.

GLOSSARY

Flexible- capable of bending easily without breaking bones.

Sleep- a gummy secretion found in the corners of the eyes after sleep.

Balanced diet- A **balanced diet** contains foods from the following groups: fruits, vegetables.

Healthy- in a good physical or mental condition; in good health.