



good

HEALTHY



Sports



- Sport makes you feel better
- Sport prevents chronic diseases
- Sport helps you to lose weight, and shape your body and lifestyle
- Sport improves your heart and lungs condition
- Sport reduces stress

Sport teamwork is the dream work!

Healthy food



- Eat enough fruit and vegetables
- Eat less salty and sweetened food
- Eat whole wheat products
- Eat smaller portions several times a day
- Drink enough water
- Don't eat junk food



Eat healthier be happier!

Relax and have fun

- Make some time for yourself
- Spend more time outside
- Meet your friends for sport activity
- Relax and practice mental quiet
- Organize your daily tasks to avoid stressful situations



Enjoy your life!



HEALTHY MIND

Dangers of obesity

- You can't breathe in as much oxygen as needed
- Joint problem
- You might suffer from neurological endocrinological, reproductive and cardiological problems
- Obesity can influence your mental health
- It is social stigmatization

Don't wait to lose weight!



sleep

- Stick to a sleep schedule
- Pay attention to what you eat and drink
- Create a restful environment
- Limit daytime naps
- Include physical activity in your daily routine
- Don't use alcohol, don't smoke

Sleep is the best meditation!

And how about

- Do you practise any sport?
- Do you eat healthy food?
- Do you spend your free time actively?
- Have you been aware of dangers of obesity?
- Do you get enough rest?

It is never late to start.

Do it now!

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