

HEALTHY LIFESTYLE

- Eat healthy foods
- Exercise
- Get enough sleep!
- Relax

WHY?

- Look good and feel good
- Have more energy
- Concentrate better
- Stay healthy
- Fight illness
- Improve fitness
- Feel more confident



Do YOU have
a healthy
lifestyle?

SELF-MANAGEMENT

Balancing your lifestyle!

Diet

Relax

Exercise

Sleep



- What are your goals?
- How can you achieve them?
- How will you know when you reach them?

What could you manage better in YOUR life?

Relaxation

Gives your mind and body a rest
Balances your life
Reduces stress



How do
YOU
relax?

Ways to relax

- jog
- walk
- draw a picture
- enjoy a hobby
- talk to your family
- listen to music
- write a story or a letter
- swim
- pat the dog
- enjoy nature
- play a game
- email a friend
- go to the movies
- garden