

# WAYS TO STAY HEALTHY

Whether young or old, looking after our physical health is just as important as looking after our mental health. Smart phones, iPads, laptops and television are great, but be sure to find time in your day to do these things:

**EAT HEALTHY  
FOODS**



**DRINK PLENTY  
OF WATER**



**LIMIT SCREEN  
TIME**



**BE ACTIVE FOR  
1 HOUR A DAY**



**BE KIND TO YOURSELF  
AND OTHERS**



**GET PLENTY  
OF SLEEP**



**FIND TIME  
TO RELAX**

