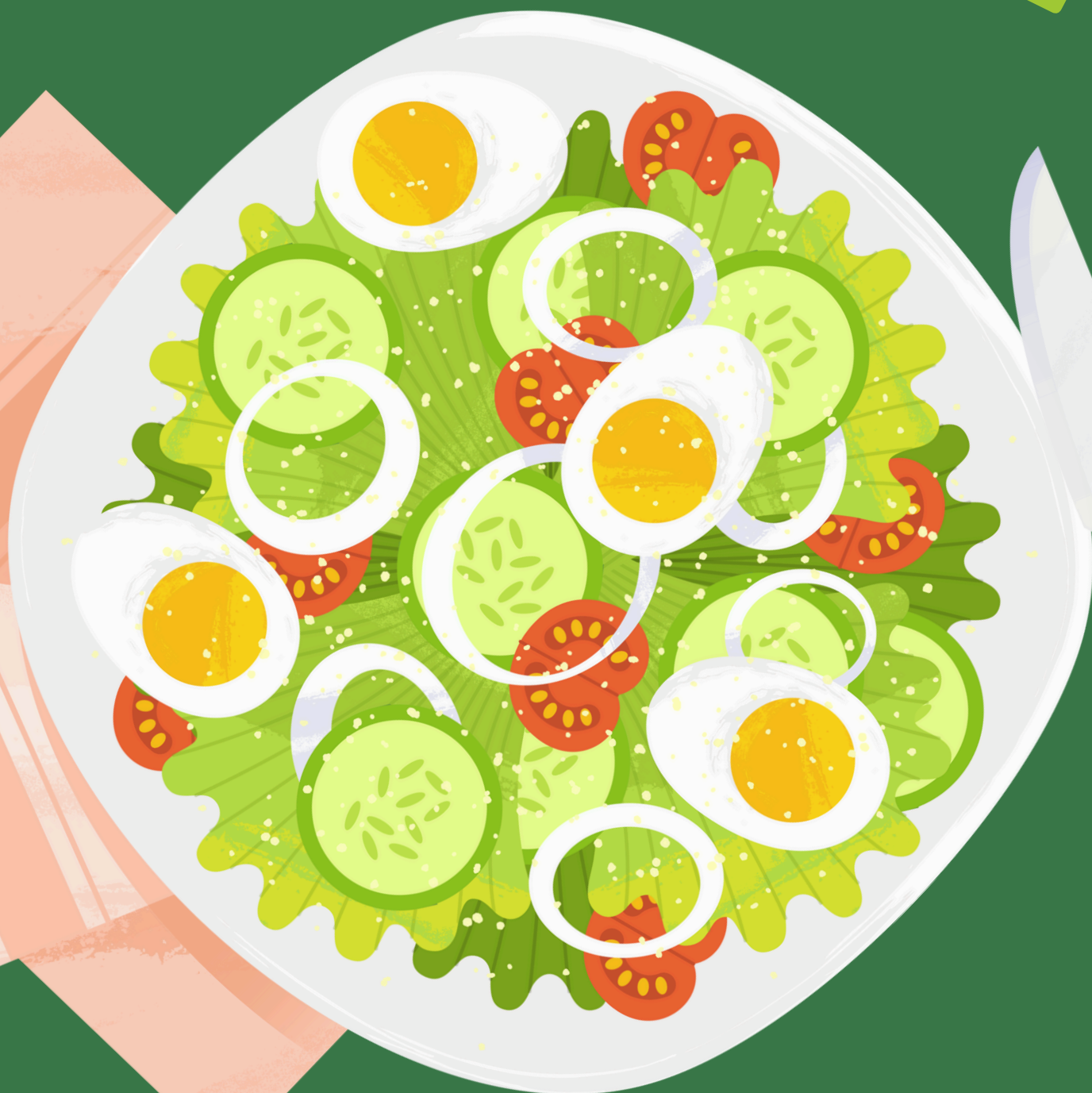



HEALTHY



LIFESTYLE





**WHAT IS  
CONSIDERED TO  
BE A “BALANCED  
DIET”**

**WHAT DO WE  
MEAN BY SAYING  
THAT A “PERSON  
LEADS A HEALTHY  
LIFESTYLE”**

**WHAT IS THE  
IDEA BEHIND  
A “HEALTHY  
ROUTINE”**

# WHAT ADVICE WOULD YOU GIVE TO:



A person who wants to lose weight



A person who has decided to join a gym



A person who wants to cope with stress

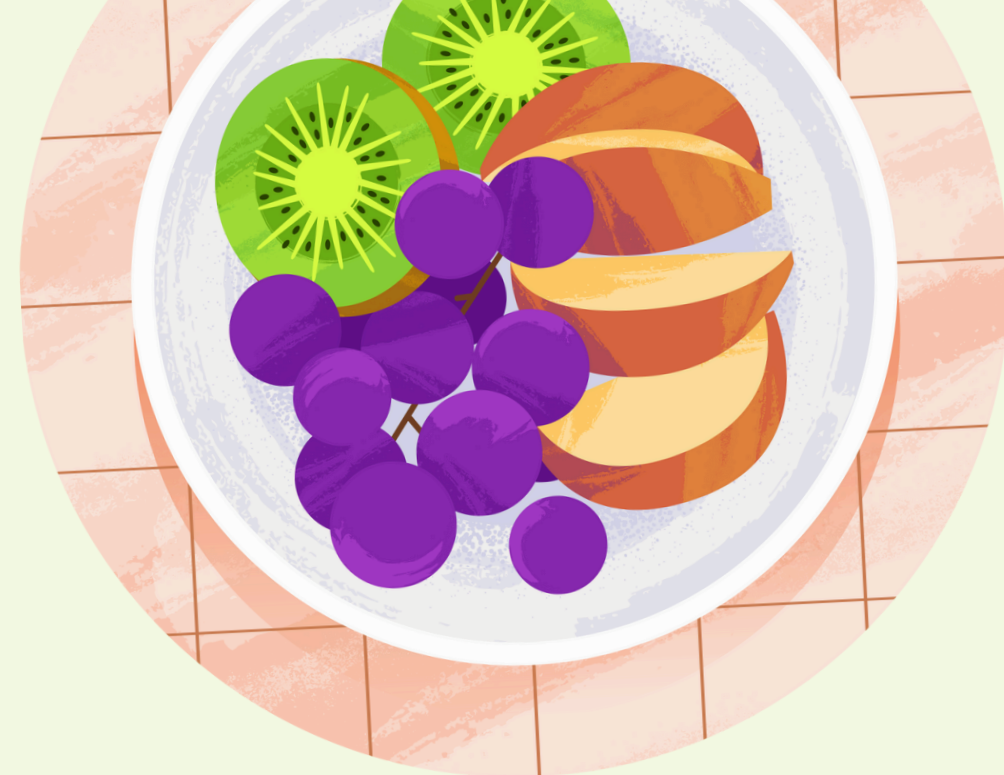






**CAN LEADING A  
HEALTHY LIFESTYLE  
PREVENT DISEASES?**

**HOW?**








**ARE LIFE SPANS  
GETTING LONGER  
NOWADAYS?**


**WHY DO YOU  
THINK SO?**



**ARE MODERN YOUNG  
PEOPLE PHYSICALLY  
HEALTHIER THAN WHEN  
THEIR PARENTS AND  
GRANDPARENTS**

**WERE THEIR AGE?**

**ARE MODERN YOUNG  
PEOPLE FITTER THAN  
WHEN THEIR PARENTS  
AND GRANDPARENTS  
WERE THEIR AGE?**



**What can schools do to make their students healthier?**

**What can schools do to make the students fitter?**

**What can schools do to make the students aware of the dangers of unhealthy habits?**

