

# HEALTHY LIVING GUIDE for young people

## Eat Well



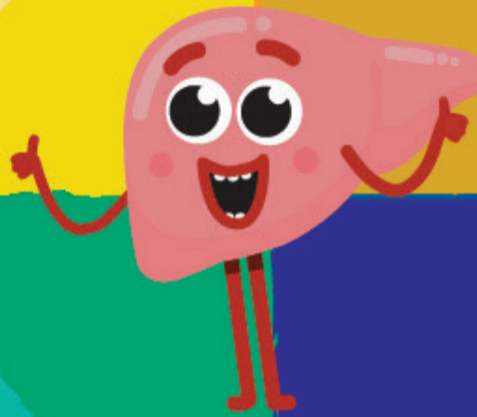
LIMIT OR AVOID



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- eat a balanced diet
- wholegrain cereals
- fruits and vegetables
- lean meats and fish
- substitute unhealthy food with healthy options
- avoid foods that are high in fat and oil



## Get Active



- talk with friends while walking
- listen to podcasts or music while you walk
- join a sports club or activities group
- walk all or a part of your destination
- take the stairs instead of the elevator
- take a yoga or dancing class
- bodyweight activities like squats or pushups

## Drink Aware



- avoid or limit alcoholic drinks
- avoid or limit sugary drinks
- bring a drink bottle wherever you go
- use a teaspoon of honey instead of sugar
- add fruit or fruit cubes into your water

## Feeling Well



- try mindfulness and meditation
- do things that you enjoy
- listen to music or draw
- hang out and talk with friends and family
- get a proper sleep for your body to recover

