

# Living a Healthy Life

by jamespardee



A Storybird  
**Living a Healthy Life**

by jamespardee

Illustrated by  
The art of Elena Aiello

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Helpful Hints to  
Living a Well-full Life





Make Sure to Exercise!!

You should get at least  
30 minutes of outside  
activity a day

Running  
Playing soccer  
Swimming  
Ice skating  
Or even walking your  
dog!





Eating Healthy



What you eat is the  
key to good health and  
well being

Stay away from fast  
and processed foods  
Eats your greens  
Make your plate  
colorful  
Follow MyPlate





Get Your Sleep



Try and get 8 hours  
of sleep a night!

Sleeps helps you  
grow to become big  
and strong like your  
parents





Keep Good Hygiene

Make sure to brush  
your teeth at least  
twice a day

Wash your hands for  
20 seconds at a time

Take a bath after a  
long day





Activity, sleep, nutrition, and keeping clean are all keys to keeping healthy

Do all of these and you will be able to accomplish anything

