Living a Healthy Life



by jamespardee

A Storybird

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Illustrated by
The art of Elena Aiello

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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!



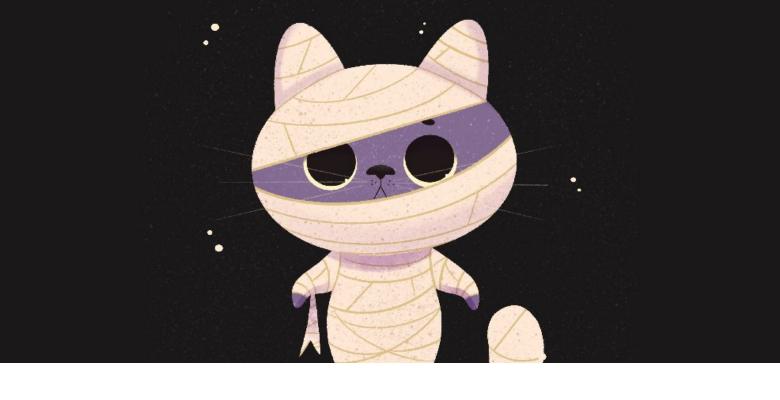


Eating Healthy

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

