

## Big Ideas on Health

- Exercising improves our health.
- Stretching helps us before we warm up for physical exercising.
- Eating a balanced diet is healthy for our bodies.
- Getting enough/adequate sleep and rest is healthy for our bodies.
- Eating natural food is healthy for our bodies.
- Living in a clean unpolluted environment is healthy for our bodies.
- Having a good attitude with healthy/positive perspectives is healthy for our mind and body.