



HEALTHY LIFESTYLE

DAY 1

Good morning and welcome to *The Principal's Principles*. A **HEALTHY LIFESTYLE** is the way a person lives to help keep his or her mind and body free from illness and harm. Eating healthy foods is a great way to start! Fruits and vegetables are packed with minerals and vitamins that help your body have energy and protect you from disease. Include these power-packed nutrients in your diet by drinking 100% fruit juice, adding fruit to your cereal, and snacking on apples or celery or carrots. Eat healthy every day! Make it a magnificent day!

DAY 2

Good morning and welcome to *The Principal's Principles*. Breakfast is a big part of a **HEALTHY LIFESTYLE**, because it is the most important meal of the day! Your body has been without food for a long time while you were sleeping, and it needs vitamins and minerals in order to get moving. You don't have to limit yourself to traditional breakfast foods like cereal and eggs – any food that is healthy could start your day off strong. Fruit and dairy products are always a great choice. Pick ANY healthy food and you can't go wrong. Make it a terrific day!

DAY 3

Good morning and welcome to *The Principal's Principles*. Getting healthy food INTO your bodies is important, but you also have to keep unhealthy things OUT. Cigarettes don't just smell bad, they also damage your lungs and heart. Smoking reduces the oxygen in your bloodstream, which robs you of energy and can cause serious diseases like cancer. Drugs, including alcohol, keep your brain from working correctly, which can cause judgment errors that result in injury or death. Promise yourself now, to live a smoke and drug-free life. You will grow stronger and happier by choosing a **HEALTHY LIFESTYLE**. Make it a wonderful day!

DAY 4

Good morning and welcome to *The Principal's Principles*. Did you know that exercising your muscles could make you smarter? Every organ in your body gets stronger and works better when you are physically fit -- even your brain! When your muscles start to work, chemicals are sent through your bloodstream to your brain that improve your memory and make you more alert. With exercise as a part of your **HEALTHY LIFESTYLE**, you build your muscles, strengthen your heart and lungs, AND help your brain work better – all at the same time! Make it a tremendous day!

DAY 5

Good morning and welcome to *The Principal's Principles*. A **HEALTHY LIFESTYLE** gives your body power to fight germs that cause illnesses. Germs are tiny invaders that sneak inside you and make you feel yucky. They live on surfaces, like your desktop, or fly through the air when someone sneezes. You can prevent germs from spreading by covering your mouth when you cough and washing your hands before eating. If germs do get into your body, you fight the little invaders by getting enough sleep, eating nutritious foods, and drinking plenty of healthy liquids. Fight germs with a one-two punch -- both inside and outside your body! Make it a fabulous day!