

Staying Healthy

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graph TD; A[Staying Healthy] --> B[Do exercise]; A --> C[Eat healthy]; B --> D["Run , ride bike , play ball games"]; C --> E["Don't eat junk food , balanced diet"];
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A flowchart with a central goal at the top, branching into two main actions, which then lead to specific examples. The top box is 'Staying Healthy'. Two arrows point down from it to 'Do exercise' on the left and 'Eat healthy' on the right. From 'Do exercise', an arrow points down to 'Run , ride bike , play ball games'. From 'Eat healthy', an arrow points down to 'Don't eat junk food , balanced diet'.

Do exercise

Run , ride bike , play ball  
games

Eat healthy

Don't eat junk food ,  
balanced diet