

## I. Introduction

- Definition of a healthy lifestyle
- Importance of a healthy lifestyle (physical, mental, emotional well-being)
- [Image: A person enjoying outdoor activities]

## II. Nutrition

- Balanced diet:
  - Macronutrients (proteins, carbohydrates, fats)
  - Micronutrients (vitamins, minerals)
  - [Image: A colorful plate of balanced meal]
- Portion control
- Hydration
- Healthy eating habits



## III. Physical Activity

- Importance of exercise
- Types of exercise (cardiovascular, strength training, flexibility, balance)
- Creating an exercise routine
- Overcoming barriers to exercise

