

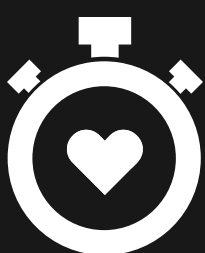
GET ACTIVE

LEADING A HEALTHY LIFESTYLE



SMILE MORE

Don't take life too seriously.
Smile. And make OTHERS smile!



EXERCISE REGULARLY

Get at least **150 minutes** a week of moderate aerobic activity or **75 minutes** a week of vigorous aerobic activity. Spread out this exercise during the course of a week.

As a general goal, aim for at least 30 minutes of physical activity every day.



DRINK LOTS OF WATER

It helps flush our systems of waste products and toxins, preventing **tiredness, low energy, and headaches**. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Aim for 8-10 glasses of fluid per day



EAT HEALTHY FOOD

It provides nutrients that give you energy and **keep your heart beating, your brain active, and your muscles working**. They strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

Rest and refresh. Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. Allow yourself some unfocussed time each day to refresh, let your mind wander, go daydream. It's okay to add 'do nothing' to your to-do list!

Sources:

www.fitness.gov, www.mayoclinic.org, www.helpguide.org,
www.livelifewell.nsw.gov.au, www.health.com