

THE TEN RULES FOR A HEALTHY LIFE

1 Eat **five times a day**. You should sit down to eat breakfast, lunch and dinner.

2 Try to drink **8-10 glasses of water a day**. Choose water, fruit juice or milk instead of fizzy drinks.

3 **Eat all kinds of food.** Varied food in the right amounts is the basis of a good diet.

4 Do **an hour of physical activity** every day and **strength and flexibility** activities two or three times a week.

5 Take advantage of **your free time to do some exercise** and **play** with your friends and family.



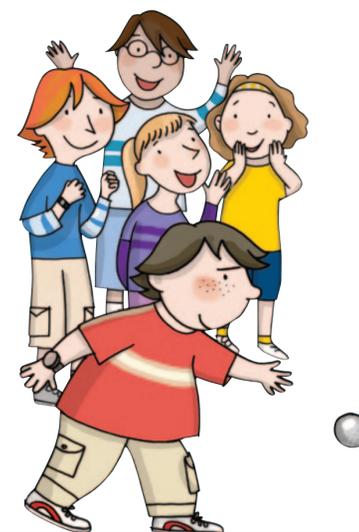
6 Spend **less than two hours a day** on **computer games, internet** and **TV**.

7 **Protect your back.** Sit upright and carry your school bag properly.

8 Go to bed early and try to sleep for **8 to 10 hours**.



9 Remember to **shower once a day, brush your teeth** and **wash your hands** before eating and after going to the toilet.



10 Look after your **health** to be **fit and strong**.

