

# How To Stay Healthy During Lock Down



# INTRODUCTION

AS THE COVID-19 LOCKDOWN CONTINUES TO KEEP MANY OF US AT HOME, IT CAN BE EASY TO FALL INTO BAD HABITS.

DURING THESE DIFFICULT TIMES, YOUR MENTAL AND PHYSICAL HEALTH NEED A BIT OF SUPPORT.

**What is the meaning of healthy?**

HEALTHY MEANS BEING PHYSICALLY FIT, ACTIVE AND WELL. IT IS AMAZING TO BE HEALTHY. I LIKE TO BE HEALTHY, DO YOU? YOU ARE STRONG AND FIT IF YOU ARE HEALTHY.

**How can you say that you are healthy?**

YOU ARE HEALTHY WHEN YOUR BODY FUNCTIONING WELL THAT YOU TAKE REQUIRED NUTRIENTS DAILY AND WORKING OUT CONTINUALLY. WHEN YOU ARE HEALTHY YOUR BODY AND SKIN GOT THE TONE...YOU CAN PERFORM YOUR BEST.

**There are mainly three ways that tells you  
that you are healthy:**



**Healthy Mind**



**Healthy Eating**



**Healthy Body**

# Healthy Mind

These are the main points you have to follow for your healthy mind:

- ❖ THINK POSITIVE
- ❖ READ BOOKS
- ❖ DON'T WATCH TOO MUCH OF TV AND DON'T STAY ON MOBILE PHONES
- ❖ DO PRAYER
- ❖ TALK TO PEOPLE YOU LOVE
- ❖ FOLLOW YOUR HOBBY





# Healthy Eating

Your mind will be healthy if your body is healthy.  
So to take care of your body below are the points you should follow:

- ❖ EAT FRUITS AND VEGETABLES
- ❖ EAT LESS SUGAR
- ❖ DRINK FRUIT JUICES BUT ONLY IF THERE IS NO SUGAR ADDED.
- ❖ INCLUDE FIBRE IN YOUR DIET SUCH AS:
  - POTATOES, PASTA
  - BREAD, RICE
  - CEREALS



# Healthy Body

Not only healthy eating is important, but also exercise and keeping healthy habits for your body is equally important:

- ❖ EXERCISE 60 MINUTES A DAY
- ❖ DON'T SMOKE
- ❖ BE ACTIVE ALL THE TIME
- ❖ DON'T EAT TOO MUCH SUGAR
- ❖ HAVE A GOOD SLEEP

YOU CAN DO EXERCISES LIKE:

- ❖ RUNNING, JUMPING
- ❖ WALKING, CYCLING
- ❖ SCOOTERING, PUSH-UP



# CONCLUSION

❖ IF YOU HAVE A HEALTHY BODY AND YOU HAVE A HEALTHY MIND YOU GET A HEALTHY LIFE!!!

❖ AND YOU WILL NOT NEED ANY REASON TO BE HAPPY!!!

