

What Is Healthy Life?





Disclaimer



The information in this presentation is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.



“A healthy lifestyle is a way of living that:

- 1. Lowers the risk of being seriously ill or dying early.**
- 2. Helps you enjoy more aspects of your life.**



**World Health
Organization**

3 Parts to Healthy Lifestyle

01

Healthy Eating



02

Physical Activity



03

Healthy Habits





How to live a healthy lifestyle?



*Everything begins
with a choice...*



Video 1



Small choices become actions,

Actions become habits,

And habits become our way of life.





healthy
body

+



healthy
mind

=



happy
life



Healthy Life = Happy Life

Video 2



*Start by making a goal
to be healthy*



How to make goals?

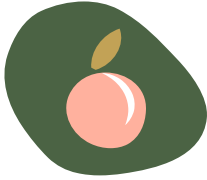


Video 3

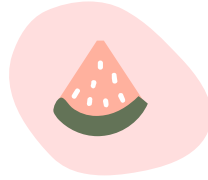




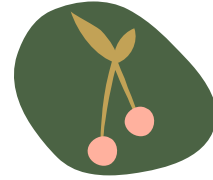
*Take some time now to
discuss your goals...*



*Goal for eating
better*



*Goal for being more
active*



*Goal for getting rid
of bad habits*





MAKE A CHECKLIST FOR YOUR GOALS

- Goal #1...
- Goal #2...
- Goal #3...

Use the list of goals as a reminder



*Some more tips
for improving
health*



Video 4





***Make and keep a
list of changes
you made to live a
healthier life***



END OF LESSON #1

