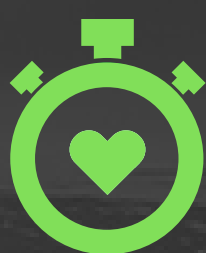


LIVING A HEALTHY LIFESTYLE DURING THIS PANDEMIC

Good nutrition combined with physical activity are important to leading a healthy lifestyle. The food you eat and the amount of physical activity can reduce your risk of chronic diseases, help your mental health, and help your overall life.



EXERCISE REGULARLY

Benefits to exercise:

Exercising regularly controls weight, helps to prevent health conditions & disease, improves mental health, boosts energy, promotes better sleep, and can be fun and something to do together.

Aim for at least 30 minutes of physical activity every day.



STAY HYDRATED

Benefits to drinking lots of water:

Staying hydrated helps flush our systems of waste and toxins, helps to prevent 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

Benefits of eating healthy:

Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart healthy, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons.

Aim for 3-5 cups of vegetables per day



REST & REFRESH

Benefits of getting enough sleep:

Getting plenty of rest allows your body to relax and refresh. Sleep restores both your mind and body. Good quality sleep improves your mood, attention span, and productivity.

Aim for 6-8 hours of sleep for adults per day

Sources:

www.fitness.gov, www.mayoclinic.org, www.helpguide.org,
www.livelifewell.nsw.gov.au, www.betterhealth.vic.gov.au