

Created by Maddy Day at Mad4Fit

BEING HEALTHY

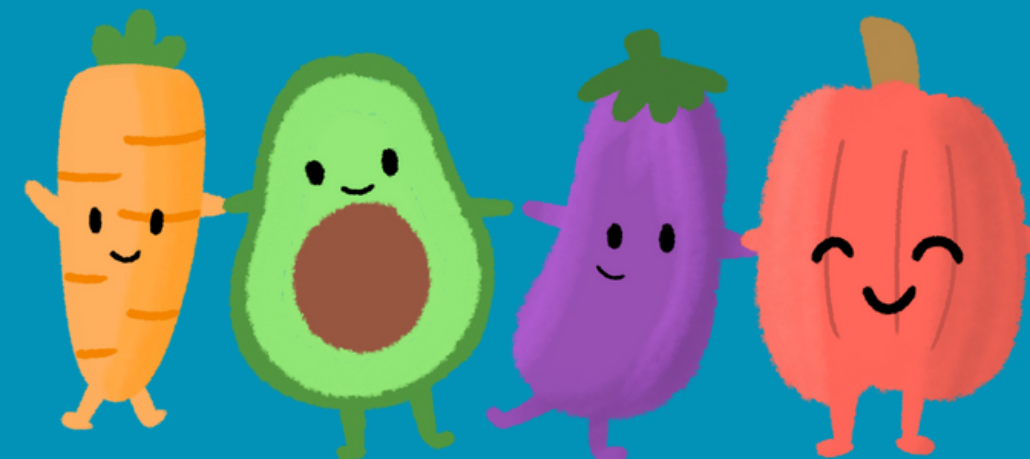


WHAT IS BEING HEALTHY?

**DOING FUN
EXERCISE OFTEN**



**EATING YOUR FRUIT
AND VEGETABLES**



**AND YOU CAN STILL
HAVE BISCUITS,
CRISPS AND CAKE**



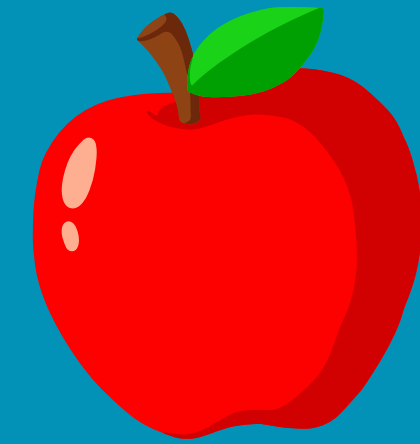
**FOOD IS FUEL FOR
YOUR BODY LIKE
WHEN MUM AND DAD
PUT PETROL IN THE
CAR.
IT GIVES YOU ENERGY
AND CAN HELP YOU
FEEL GOOD**



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WHY YOU SHOULD EAT FRUIT AND VEGETABLES?

EATING FRUIT AND VEGETABLES IS LIKE
EATING ALL THE COLOURS OF THE RAINBOW



WHY FRUIT AND VEGETABLES ARE GOOD FOR YOU...



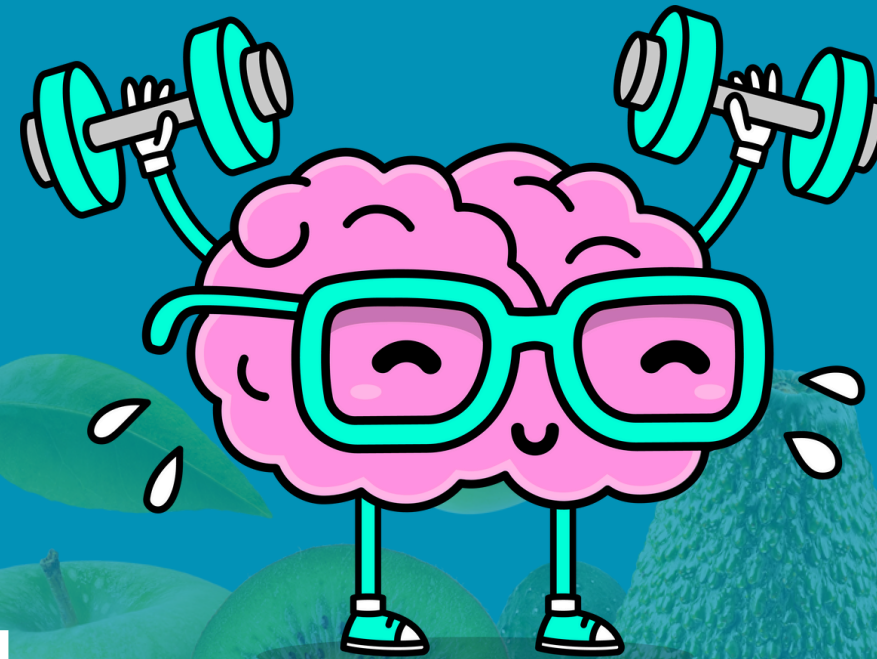
**Skin, teeth
and eyes
healthy**



**Supports
muscles**



**Strong
bones**



**Brain
development**



**strong
Immunity**



Better digestion

WHAT IS EXERCISE?

EXERCISE IS FUN!



Running and playing



Swimming



Gymnastics



Football

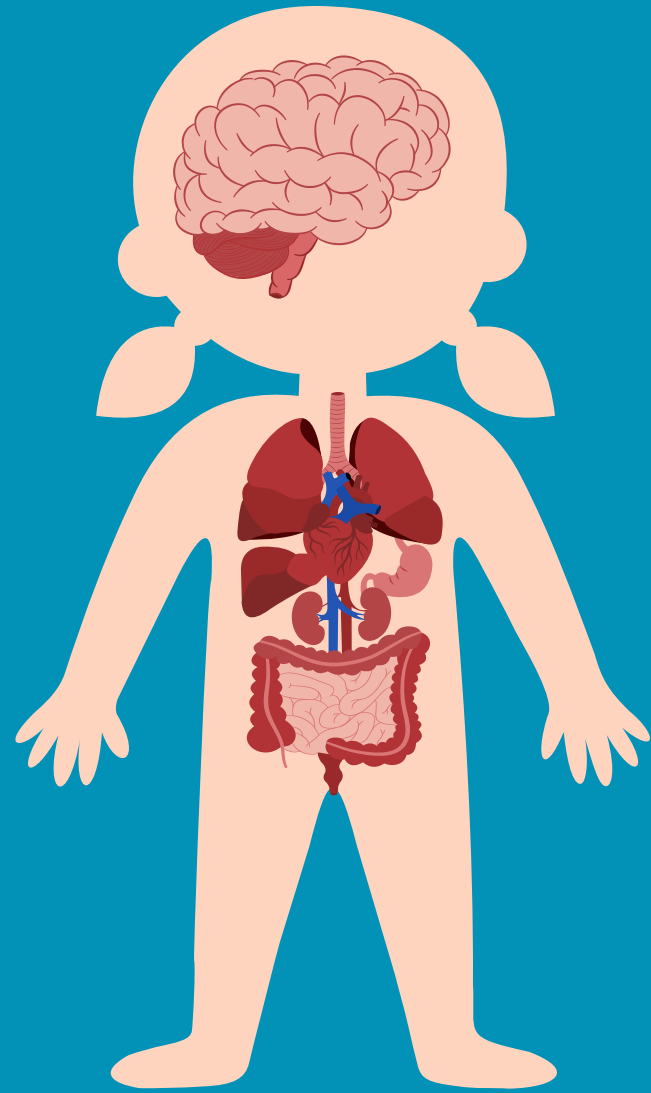


cycling and scooter



Dancing

WHY EXERCISE IS GOOD FOR YOU...



**Strong bones,
muscles and
heart**



**Helps you learn
at school**



**It makes you
feel happy**



**It helps you to
sleep**



**You can make
new friends and
have lots of fun**

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www.mad4fitfood.com



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