

KEEPING HEALTHY



HEALTHY FOOD

Eating healthy food gives your body the energy it needs to grow, play and learn.



STAY ACTIVE

Running, cycling, dancing, swimming and playing outside all count.



STAY HYDRATED

Staying hydrated helps you concentrate, keep cool and gives you energy.



GET ENOUGH SLEEP

A good night's sleep helps your body grow and your brain learn.

LOOKING AFTER YOUR BODY AND MIND HELPS YOU FEEL HAPPY, HEALTHY AND FULL OF ENERGY.