



- **Help others**
- *Sleep at least 7 hours- your body and mind needs relaxation*
- **Be physically active- it will make your body and mind happy**
- **Spend time with friends and meet new people**
- **Stay positive**
- **Seize the day**
- **Enjoy the nature**
- **Take it easy**
- **ACHIEVE SUCCESS STEP BY STEP**
- *Find motivation to change*
- *Try to live slowly*
- *Enjoy even the smallest pleasures*
- *Smile a lot*



- **Don't be lazy**
- *Don't waste most of your time surfing the net or playing computer games*
- **Don't live in a hurry**
- **Don't worry about things you have no influence on- negative stress causes lots of health disorders**

~~Stress~~
Relax 😊

DOs and DON'Ts concerning the things we all should follow to lead a healthy lifestyle



The final product of the LTTA in Ryglice,
Poland under the terms of
“Cook healthy- eat healthy- live healthy”
Erasmus+ project



DOs:

1. DO INTELLIGENT SHOPPING

(read labels, take your time and never do your shopping hungry)

2. DRINK A GLASS OF WARM WATER WITH LEMON BEFORE BREAKFAST

(it will give you energy and speed up your metabolism)

3. HAVE A HEALTHY PROPER BREAKFAST

(you will have more energy, your mood will improved and you won't overeat later)

4. APPLY A WELL-BALANCED DIET

(we need to assimilate substances that come from 6 main groups of food products)

5. CHOOSE NATURAL, SIMPLE AND UNPROCESSED FOOD

(eating colourful, fresh and simple food is very beneficial to your body and mind)

6. PREPARE YOUR MEALS AT HOME

(You are sure to eat fresh food with sfewer calories and avoid the chemical additives)

7. EAT MORE VEGETABLES AND FRUIT

(they prevent illnesses, stand for healthy snacks, help you stay young)

8. EAT TURKEY, CHICKEN AND RED MEAT FROM TIME TO TIME

(Meat contains proteins and iron, but try to eat it up to 3 times a week as it also has unhealthy fats)

9. HAVE REGULAR MEALS AND DRINK LOTS OF WATER

(Have 3 proper meals, 3-4 healthy snacks and drink lots of water to avoid being tempted by junk food)

10. HAVE HEALTHY SNACKS BETWEEN THE MAIN MEALS

(fruit and vegs cocktails, fruit, seeds, nuts, dark chocolate, healthy desserts, salads, green tea)



11. EAT MORE FISH

(fish are an important source of protein, vitamins, minerals and omega-3 fatty acids, get them from trusted suppliers)

12. EAT GROATS, WHOLE GRAINS AND WILD RICE

(they contain fibre, carbohydrates, vitamins, minerals, antioxidants, amino acids and proteins)

13. USE HEALTHY SPICES SUCH AS MINT, CURCUMA, GINGER, GARLIC, CINNAMON

(they have plenty of advantages and can help avoid or ease many health-related problems)

14. EAT MORE HIGH-QUALITY DAIRY PRODUTCS

(they contain proteins, healthy fats, mineral salts, calcium and vitamins)

15. APPLY 80/20 RULE

(let yourself forget about very healthy food- you also need a bit of milky chocolate or hamburger at times)



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DONT's:

1. DON'T EAT FAST FOOD AND SWEETS WITH WHITE SUGAR

(they contain lots of salt, fat, sugar and empty calories which quench your hunger for a short while)

2. DON'T BUY PROCESSED FOOD

(it contains too many unhealthy ingredients that are harmful to your health)

3. DON'T AVOID HEALTHY FATS

(they are an important source of energy and help us absorb A, D, E, K vitamins better)

4. DON'T DRINK FIZZY DRINKS

(they contain lots of sugar and chemical substances and take water and healthy substances away from the body)

5. DON'T SMOKE

(smoking can cause numerous serious diseases and reduces your ability to do physical activity)

6. DON'T EAT TOO MUCH

(fill your stomach up to 80%- you won't feel heavy and lazy)

7. DON'T EAT SOON BEFORE YOU GO TO SLEEP

(while sleeping, the digestion process slows down which can lead to obesity and stomach-related problems)

8. DON'T EAT SALTY, UNHEALTHY CRISPS

(they are really unhealthy containing lots of salt, bad fats, acrylamide and other unhealthy substances)

9. DON'T EAT TOO MUCH MEAT, ESPECIALLY RED ONE

(it has lots of saturated fat which can increase the level of bad cholesterol and lead to civilisation diseases)

10. DON'T EAT MUCH WHEAT FLOUR AND WHITE RICE

(this kind of flour and rice is deprived of many healthy elements as it is highly processed)