

Healthy body, healthy mind

The old saying "healthy body, healthy mind" is easy to believe in, and equally easy to ignore.

A healthy life-style involves: -

1) Eating a balanced diet; 2) Exercising regularly; 3) Sleeping well; 4) Getting medical attention for illnesses

For parents of young children, finding the time to exercise, plan meals, and even get to the doctor can be difficult.

To break the habit of an unhealthy lifestyle, we need to set ourselves goals and an action plan, and then take it one step at a time. Target one healthy activity and develop an action plan to achieve this target.

Healthy activity:
Step 1:
Step 2:
Step 3:
Step 4:
Step 5:
Step 6:
Step 7:
Step 8:
Step 9:
Step 10: