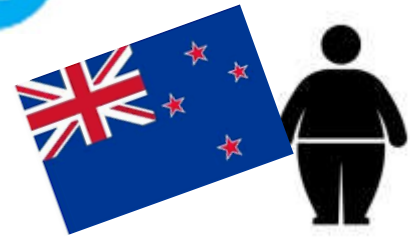


A HEALTHY LIFE, A GOOD LIFE, A FUN LIFE!

Ethan HELIGON 4.4



In 2023, 1 in 3 New Zealand adults is obese!
We must help teenagers to be healthy!
It is my goal!



I want to teach young people in New Zealand how to be healthy.



MOVING MORE !



You should do **60 minutes of moderate or intensive physical activity every day.**



You should not watch TV too long every day.

There are lots of fun and exciting activities to do in New Zealand!

For example:

⇒ You can try **bungee jumping** : it's the most extreme activity.



⇒ You should **walk** or **ride a bike** if you prefer moderate activities to see the most beautiful landscapes in the country.



EAT BETTER !



To eat healthily, you should drink water, limit sugar, fat and salt.



You should eat 5 vegetables and fruits each day.



You shouldn't eat junk food. This is too fatty and too sweet.

