

5 Truths About Health

#1 - Our bodies are made to be active



- Find a movement, exercise, or activity you enjoy doing. Do it often, even daily. It does not have to be long.
- Why? Because it strengthens the heart, uses different muscles, promotes creativity, and gets your eyes away from a screen.

#2 - The best medicine is real, whole food



- It is important what we put in our bodies. Our bodies were made for real food; not artificial, sugary, and processed food. Real, whole foods are veggies, fruit, good quality protein, whole grains, and good fat.
- Why? Real food is full of natural vitamins, minerals, and nutrients our bodies need. Poor quality foods can make us not feel good and cause a lot of medical issues.

#3 - Treats are okay, but make them special



- Treats like fast food, candy, desserts, and other sweets are not bad to have. It is better if they are not eaten everyday. Ideal is 2-3 times a week and make it something you really enjoy.
- Why? The more you have, the more you crave the unhealthy and less of the healthy food.

#4 - Good sleep is super important



- We spend one-third of our lives sleeping. Ways to help you sleep better: snuggle with a stuffed animal, use white noise or dark curtains, go to bed at the same time, stop screen time early, and read a book.
- Why? Helps you create memories and allows your body and mind to restore, recover, and grow.

#5 - Your body is made perfect for you



- We are made with bodies of different shapes, sizes, and features. There is no one perfect body. Your body was made just for you and is perfect.
- Why? You only get one body and you have to take care of it as best as you can.