Captain Health

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HE.S.P.7.2 Illustrate a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks.

"To promote, support and model creative and innovative thinking and inventiveness"
You can do it anywhere, the gym, outdoors, your home. As long as you feel safe.

Make sure to exercise 3 to 4 times a week!

Exercise should be fun. Don’t waste time doing stuff you don’t like. This way you keep it up and make it a habit.

Exercise helps keep a healthy heart, body, and mind.
Of course, we can't forget about eating balanced and well!

Try to eat three meals a day which have protein, carbs, and fats. Don't forget a small snack in between.

Balance, is what I'm stressing here. In addition to eating well, it's perfectly alright to eat foods which are a bit more "fun".

I mean... What's the point of life if you can't enjoy it right?
Exercise and food aside, responsibilities and fun are very important when it comes to health.

Start small. Figure out what you want to get done for the day. Set up a schedule and try to stick to it.

When setting up your goals don't ever forget about making time for fun and relaxation!

If you don't balance work and fun, you'll burn out and your health can be poorly affected.
That about wraps it up for now!

Just remember. Make sure to balance out what you do with your life.

Balance is key. A healthy body and mind require it.

The End