

Brochure for Students

Erasmus+ KA210
project

Project title: „For a
Healthier Lifestyle”

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**“Today is your day to
start fresh, to eat right,
to train hard, to live
healthy, to be proud.”
(Bonnie Pfister)**

Components of a healthy life

- ❖ healthy diet
- ❖ active life
- ❖ mental welfare
- ❖ avoiding harmful
habits

„You are what you eat.”

Rules to keep in mind:

- Eat five times a day
- Eat small portions
- Eat fruit and vegetables as snack
- Avoid coffee, energy drinks, alcohol
- Reduce the amount of sugar (e.g. chocolate)
- Do not skip breakfast
- Eat in a calm environment (do not use your phone while you are eating)
- Take your time while you are eating
- Do not eat because you are bored



“Most people have no idea how good their body is designed to feel.”
– *Kevin Trudeau*

Rules to keep in mind:

- find motivation in sport
- do not over-exercise
- accept good advice from professionals (trainers)
- be passionate
- try out new sports regularly

“A calm mind brings inner strength and self-confidence, so that’s very important for good health.”
(Dalai Lama)



Rules to keep in mind:

- relax a lot
- focus on positivity
- avoid harmful things
- sleep enough