

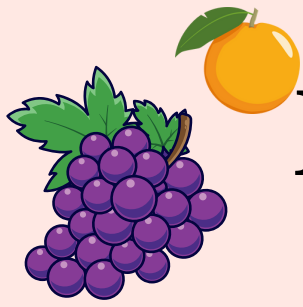
“Par veselīgu dzīvesveidu” Erasmus+



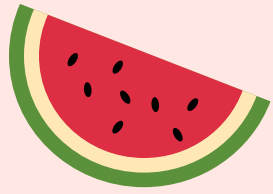
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Healthy lifestyle



Health is wealth!



Drink water!



Healthy eating

One of the most important things is to eat properly and healthily. That includes:

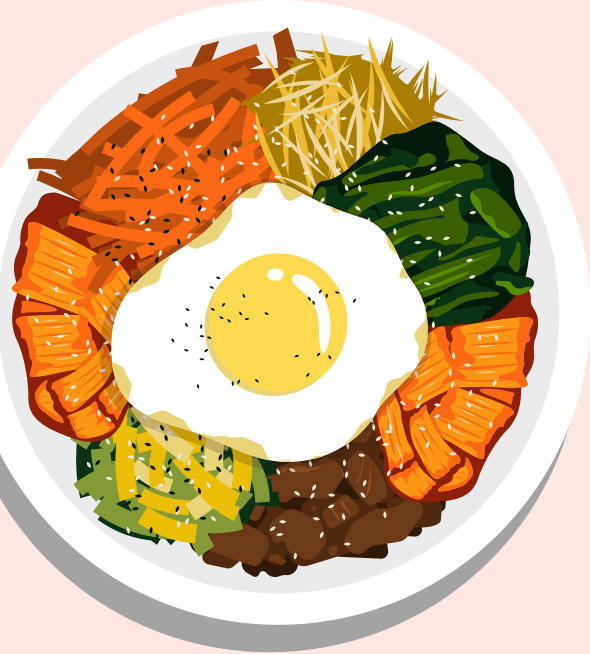
- drinking at least 2l of water every day
- it is important to know the food groups such as protein, fibre, fat, vitamins, etc.
- eating adequate portion sizes
- plan your meals
- specific nutritional needs for age

Important and useful to remember:

food pyramid

healthy eating plate





1 week of Healthy eating menu

Monday-

oatmeal with fruit
vegetable salad with grilled
chicken and lemon
non-fat yoghurt with fruit
fish with boiled vegetables



Tuesday-

toast with unsweetened peanut
butter, banana slices
soup with rye bread
fruit smoothie with low-fat yogurt
grilled vegetables with chicken

Wednesday-

poached eggs with toast and avocado
bean salad with grilled chicken and lemon
dressing
vegetable smoothie with fresh fruits
salmon with boiled green vegetables





Thursday-

oatmeal with fruit and low-fat milk
vegetable salad with grilled chicken and lemon

low-fat yogurt with fresh fruit
baked fish with boiled vegetables

Friday-

Greek yogurt with fresh berries (blueberries, strawberries) and a sprinkle of granola
Quinoa salad with chickpeas, cherry tomatoes, cucumbers, bell peppers, and a lemon-tahini dressing

Sliced apple with natural peanut butter

Grilled salmon with a side of steamed broccoli and sweet potato mash



Saturday-

A boiled egg

A side of carrot and celery sticks with hummus

Handful of mixed nuts and a small piece of dark chocolate

Stir-fried tofu with mixed vegetables (broccoli, bell peppers, snap peas) in a light soy-ginger sauce



Sunday-

A small whole grain muffin

Lentil soup with a side of whole grain bread

Greek yogurt with a drizzle of honey and a sprinkle of walnuts

A side of mixed greens with a light dressing



Obesity

Causes

- **Genetic factors:** genetics and family history
- **Dietary habits:** Impact of high-calorie, low-nutrient foods
- **Physical inactivity:** Sedentary lifestyle and lack of exercise
- **Psychological factors:** Stress, emotional eating, and mental health issues
- **Socioeconomic factors:** Influence of socioeconomic status, education, and access to healthy foods
- **Medical conditions:** hypothyroidism, Cushing's syndrome, and medications that can contribute to weight gain
- **Environmental factors:** Influence of environment, marketing, and availability of unhealthy food options



Consequences

- **Physical Health:**
 - Cardiovascular Diseases
 - Diabetes
 - Respiratory Problems
 - Joint and Mobility Issues
 - Cancer
- **Mental Health:**
 - Depression and Anxiety
 - Psychological impact of obesity
 - Low Self-Esteem
- **Social and Economic Impact:**
 - Healthcare Costs
 - Employment Issues
 - Quality of Life



Daily Activities for a Healthy Lifestyle



Morning routine:

- Stretching or yoga: 10-15 minutes to wake up the body
- Hydration: a glass of water
- Healthy breakfast

Work or School day:

- Frequent breaks: Stand up and stretch every hour
- Take short walks during breaks or lunch
- Healthy snacks
- Hydration

Evening routine:

- Physical activity
- Balanced dinner
- Relaxation



Weekend activities:

- Outdoor activities
- Socializing: Spend time with family and friends

Personal projects: Pursue hobbies or learn new skills!



Small-group sports

Benefits:

- Social interaction
- Motivation
- Fun and engagement



Examples:

- Soccer
- Basketball
- Volleyball
- Tennis
- Cycling Groups
- Running Clubs



Prerequisites for a Healthy Lifestyle



- Balanced diet (nutrient-rich foods, portion control)
- Regular physical activity (exercises, consistency, fun)
- Mental health (stress management, sleep, social connections)
- Healthy habits (hydration, hygiene)
- Healthy environment (clean living space, eco-friendly choices, outdoor activities)

