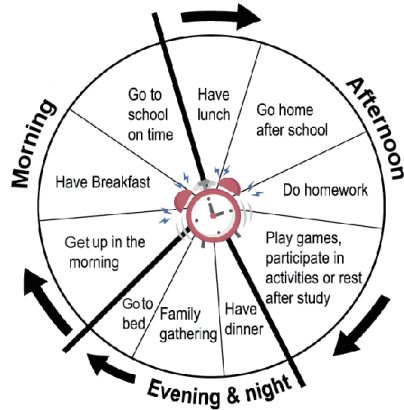


– Regular daily routines

Keep regular regimes to



Sufficient sleep is essential for coping with daily activities.

– Mental health

Everyone is unique and has his/her own strengths and weaknesses. Learn to accept ourselves, care for and understand others.



Joyful Life

Sharing

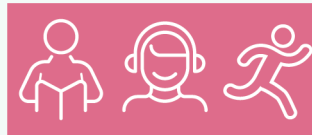
Share the bits and pieces in your daily life with others.

Mind

Keep an open mind for acceptance to new ideas.

Enjoyment

Engage in and enjoy activities that you are interested in and turn them into your hobbies.



(C) Refuse

– Smoking, alcohol and substance abuse



These bad habits may cause not only serious physical harms but also indulgence; and thus destroy your future. Therefore, you should love yourself and resist temptation, say “NO” firmly.

Student Health Service website: www.studenthealth.gov.hk

Healthy Lifestyle



Student Health Service
Department of Health
2022



Healthy Lifestyle means

- Adopt healthy habits
- Quit bad habits

A Healthy Lifestyle includes

(A) Practise

- Healthy eating

- Healthy eating is the foundation of health.
- Every kind of food provides different nutrients that our body needs.
- We should take reference to the “Healthy Eating Food Pyramid” and take 6 to 8 glasses of fluids (including water, clear soup etc.) for health.



Healthy Eating Food Pyramid



Choose Properly,
Eat Healthily

- Regular physical activities

Children and adolescents should accumulate at least one hour of moderate- to vigorous-intensity physical activity daily



Benefits of regular physical activities

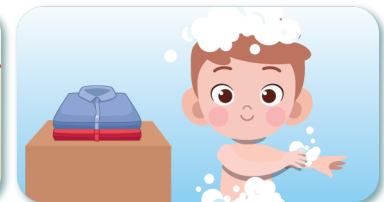
- Strengthen heart and lungs
- Improve blood circulation
- Relax your body and mind, and relieve mental stress
- Burn excessive calories and control body weight
- Prevent osteoporosis

(B) Maintain

- Personal hygiene



Brush teeth in the morning and
before sleep



Take bath and change clothes
every day



Keep your hair tidy and clean



Wash your hands before meals and
after using the washroom



Clip your nails regularly



Cover your mouth and nose with a handkerchief
or a tissue when coughing or sneezing



Cover wounds to avoid infection



Avoid sharing personal items