

HEALTH TIPS



- Stay hydrated
- Eat your fruits and vegetables
- Exercise daily
- Wash your hands before and after you do activities (e.g. eating, using the restroom, playing outside)
- Keep your hands to yourself



ABOUT US



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We are Elementary Education majors from the University of Guam who are part of the Spring 2024 Physical Education and Health Methods class and we hope you enjoyed our activities in celebration of our 56th Charter Day! BIBA EDUCATION!

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FUELING OUR FUN NUTRITION AND EXERCISE

4 COOL KIDZ

University of Guam
School of Education
Charter Day
March 7, 2024



WHY IS EXERCISE IMPORTANT?

- Promotes healthy heart and lungs
- Encourages better sleep patterns
- Builds stronger bones and muscles
- Improves mental and physical focus



HOW TO MAINTAIN YOUR

HEART HEALTH



- Regular physical activity
- Eating a well balanced diet
- Managing stress
- No smoking or vaping



WHY IS NUTRITION IMPORTANT?

- Strengthens bones
- Supports brain development and healthy growth
- Keeps skin, teeth, and eyes healthy
- Boosts immunity to prevent us from sicknesses

