

A green banner with a white outline, tilted slightly upwards from left to right. The word "WELCOME!" is written in white, bold, uppercase letters across the center of the banner. The banner has a ribbon-like shape with pointed ends.

**WELCOME!**

# AGENDA

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Feedback

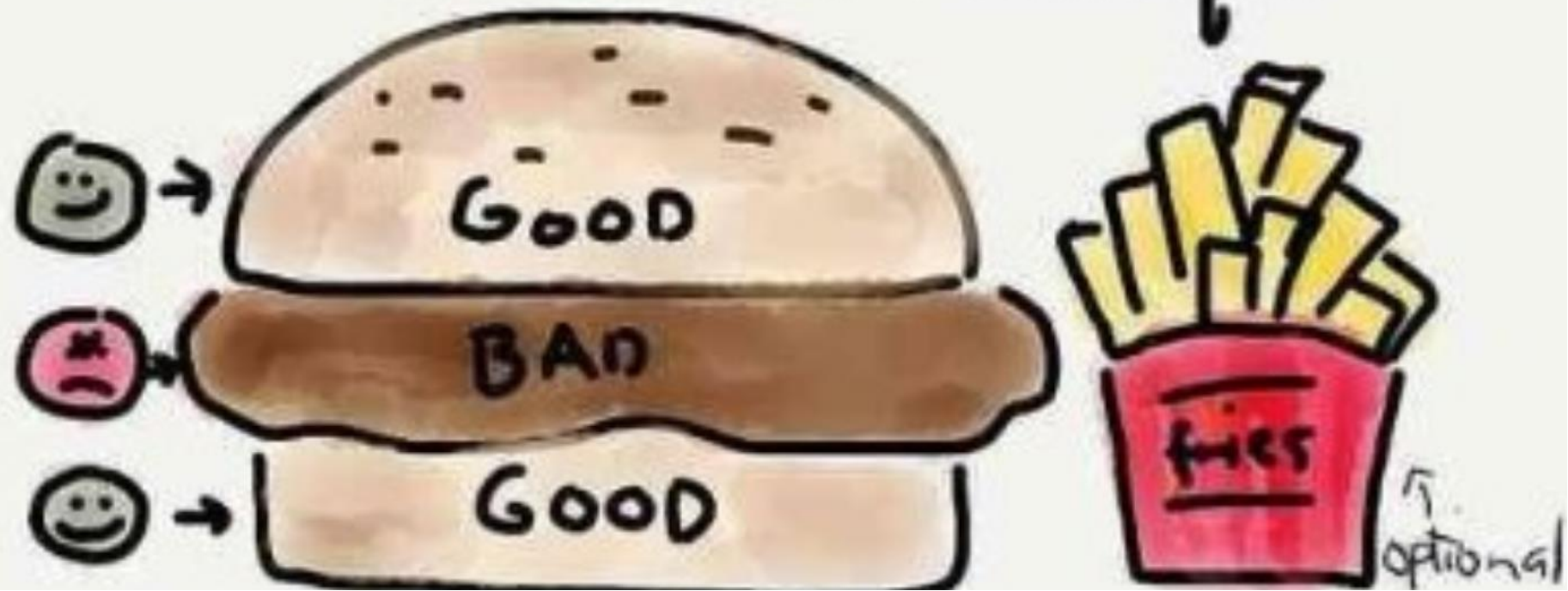


Healthy  
lifestyle

FEEDBACK



# The Sandwich Technique



# HEALTHY LIFESTYLE





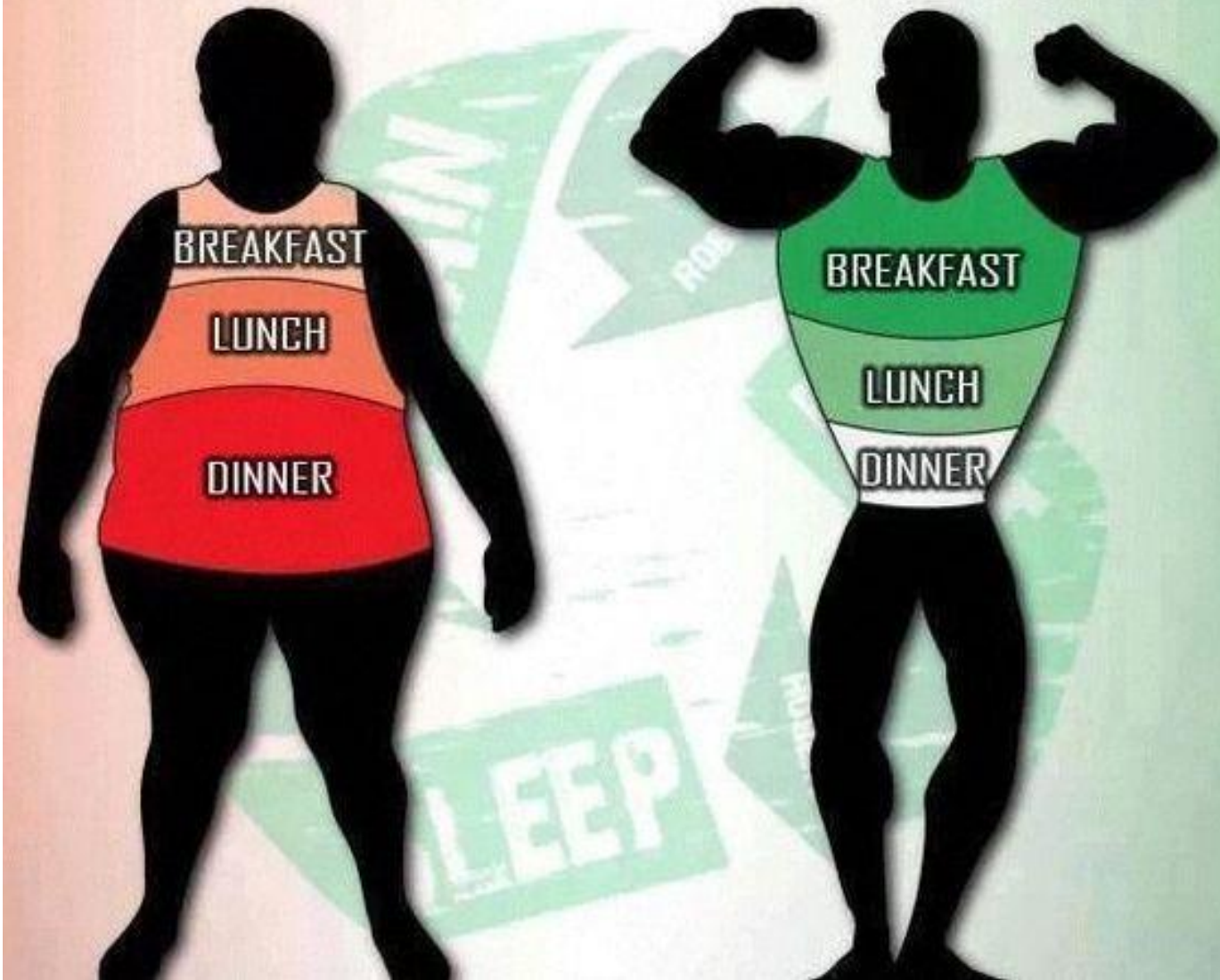
# NUTRITION





FULGOR

**EAT BREAKFAST LIKE A KING, LUNCH LIKE A PRINCE  
DINNER LIKE A PAUPER AND AFTER WORKOUT LIKE A EMPEROR!**





A stylized illustration of a person with dark hair sleeping on their side. The person's head is resting on a pillow, and their arm is bent with the hand near their face. The illustration is composed of various shades of green and white. The text 'SLEEP = GETTING YOUR ENERGY' is overlaid on the person's face and upper body. A list of three bullet points is positioned to the right of the person's head.

SLEEP

=

GETTING YOUR ENERGY

- 8 hours
- Your body needs to **refuel** and **relax**
- **No energy = no productiveness**

# PHYSICAL ACTIVITY

- **Ride your bike to school or walk to school**
  - Exercise
  - Environmental friendly
  - Flexibility
  - Fun
- Do some kind of **sports every day**
  - **Form a healthy routine**

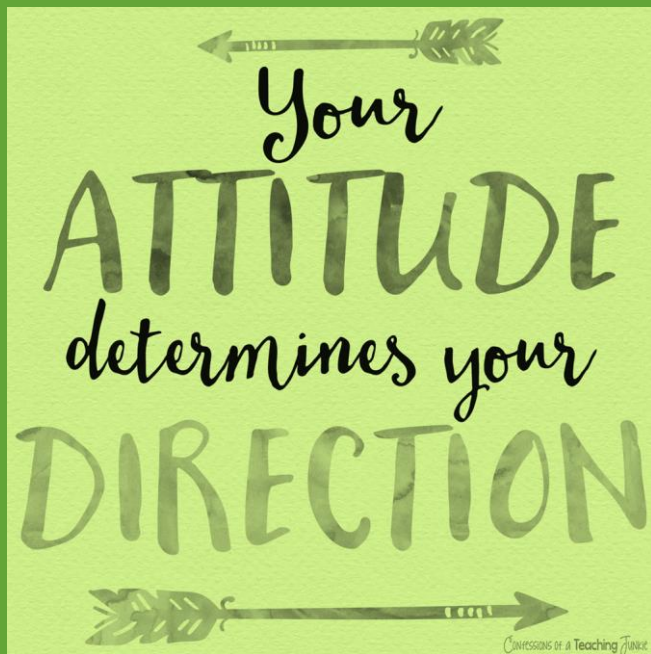


# SOCIAL LIFE

Surround yourself with **POSITIVE** people who

- **Support** you
- Bring **value** into your life
- Who **listen** to you
- Who **trust** and **help** you

# MENTALITY





# ACTIVITY: CASE STUDIES

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*find a healthy solution*

1. A person **works long hours** and consumes lots of **caffeine** in order to have enough **energy**.
2. A young person spends **all of his/her free time** in front of his/her **computer or phone**.
3. A person **ONLY wants to be friends with you**, but he/she does **not want to socialize** with other people.
4. A young person **avoids any kind of physical activity** and often **skips class**.
5. A young person **doesn't have any breakfast** because he/she **wants to lose weight**.

THANK YOU

&

Goodbye.

{for now}