

10 TIPS TO STAY FIT



Education and Culture DG

Lifelong Learning Programme

schlank und fit

Take the stairs instead of the lift!



Take part actively in your PE lessons!



Practise sports for 30 to 40 minutes a week!



Walk as often as you can – walking is exercise!



Walk during break!



Change the kind of sport, diversity in sport is important!



Ride your bike for longer distances, too!



Avoid sitting in front of screens (TV, PC) for too long!



Do gymnastics at home!



10 TIPS TO STAY FIT AND HEALTHY



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Have enough drink: 1-2 liters a day are recommended, avoid sugary drinks.



Don't leave home without breakfast as it starts you off for the day.



Don't eat so much fat or fattening food, avoid fast food.



Take your time for your meals and enjoy them.



Eat from a broad variety, so that you get all essential nutrients.



Reduce sugar and sweets.



Chew your food thoroughly, a meal should last for at least 20 minutes.



Eat plenty of fruit and vegetables, it fills your stomach, but you don't gain weight.



Don't eat sweets between the main meals.



Mind your weight.

