

TEN RULES FOR A HEALTHY LIFESTYLE

1. Be clean – practice good personal hygiene and wear clean clothing and uniforms
2. Eat healthy – plenty of fresh fruits and vegetables every day and Limit red meat and fatty foods. Avoid junk food.
3. Drink water – drink at least eight glasses of water each day. Limit soda and caffeine drinks.
4. Rest – get plenty of rest and sleep. Children need about eight or ten Hours of sleep each night. Adults need about eight hours of sleep each night.
5. Exercise – Establish a regular cardiovascular exercise program at least three times per week. (i.e. walking, running, swimming, cycling, aerobics, etc.) Taekwondo is an excellent activity for cardiovascular and muscular training.
6. Avoid alcohol and tobacco use – Excessive use of alcohol is Harmful to the body. Avoid use of tobacco.
7. Make time for yourself – Try to take at least 30 minutes Daily personal time. Treat yourself to a relaxing hot bath. walk in the fresh air , sit quietly and read, or listen to soft music. This helps relieve stress after a long day.
8. Get regular check ups at the doctor and dentist.
9. Practice safety in all that you do – drive defensively, wear seatbelts and safety equipment for work or play. Pay attention.
10. Your body has healing power – follow the ten rules for a healthy lifestyle and keep positive thoughts.