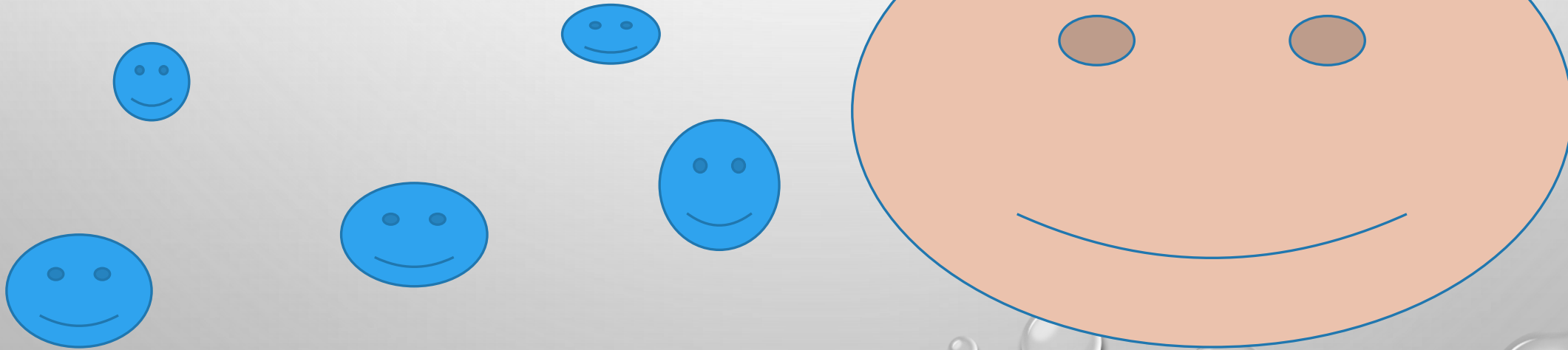


EAT HEALTHY

BE ACTIVE

LIVE HAPPY





**NUTRITION IS NOT BEING FILLED,
KEEPING DOWN HUNGER OR
EATING-DRINKING WHAT YOU**

NUTRITION IS:

- **TAKING NUTRITIVE COMPONENTS AT ENOUGH AMOUNTS AND AT RIGHT TIME FOR PROTECTING AND DEVELOPING HEALTH, AND DEVELOPING LIFE QUALITY.**



- ✓ THE PERSON WHO BALANCED FEEDDED:
- ✓ BECOMES ENERGETIC
- ✓ HAS SHINY SKIN
- ✓ HAS HEALTHY BODY
- ✓ HAS SHINY HAIR
- ✓ HAS SHARP EYES
- ✓ HAS STRONG MUSCLES,
- ✓ BECOMES HARDWORKING PERSONALITY
- ✓ KEEPS IDEAL BODY WEIGHT
- ✓ SHARP MIND
- ✓ PROTECTS HERSELF/HIMSELF AGAINST BACTERIAL-VIRAL ENFECTIONS



KARESI PUBLIC EDUCATION CENTER, BALIKESIR - TURKEY

THE PEOPLE WHO ARE NOT WELL BALANCED:

- DO NOT WANT TO MOVE
- THEY LOOK LIKE UNHEALTHY
- THEIR SKIN LOOK LIKE ROUGH AND PALE
- COMPLAIN HEADACHE FREQUENTLY
- GENERALLY FEEL TIRED, WEAK AND WISHLESS



SOME OFFERS FOR BALANCED NUTRITION

- **PREFER WHOLE GRAIN.**



REDUCE SALT AND CARBOHYDRATES.



AVOID DRINKING ALCOHOL...



**DRINK 8-10 GLASSES
OF WATER PER DAY**



**DO EXERCISE
REGULARLY**



FRUITS AND VEGETABLES CONTAIN FOLIC ACID, VITAMINE A
CAROTENE, VITAMINE E, C, B2, CALSIUM, POTASSIUM, IRON,
MAGNESSIUM, FIBER AND OTHER ANTIOXIDANTS.

- **FRUITS AND**
- **VEGETABLES**



BREAD AND WHOLE GRAIN

- **BREAD AND WHOLE GRAIN CONTAIN VITAMINE B, MINERALES, CARBOHYDRATES, FIBERS. SCIENTIFIC RESARCHS SHOW THAT CONSUMING WHOLE GRAIN PROTECT FROM ALZHEIMER DISEASE**



MILK AND DAIRY PRODUCTS

- MILK AND DAIRY PRODUCTS ARE MAJOR SOURCES OF CALCIUM WHICH PLAYS AN IMPORTANT ROLE FOR BONE HEALTH.
- THEY ALSO CONTAIN PROTEINS, VITAMINE B, PHOSPHORUS AND ZINC .

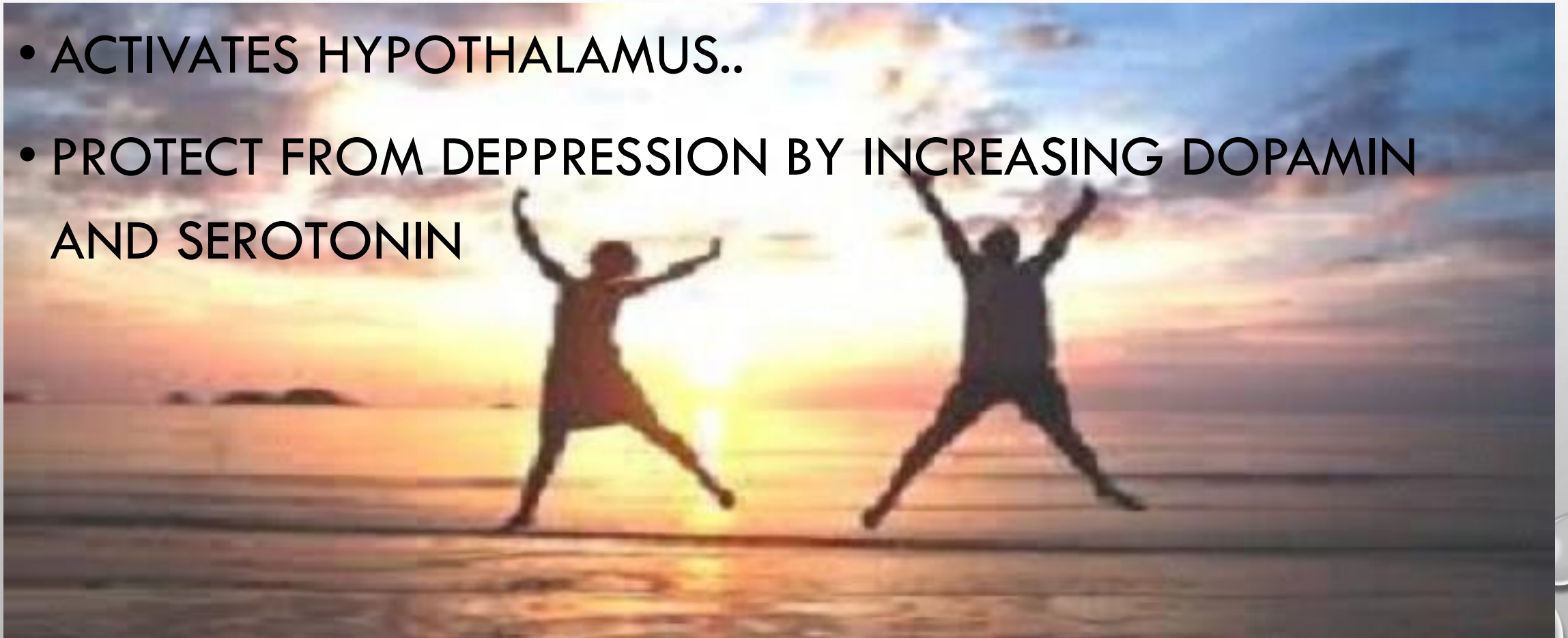


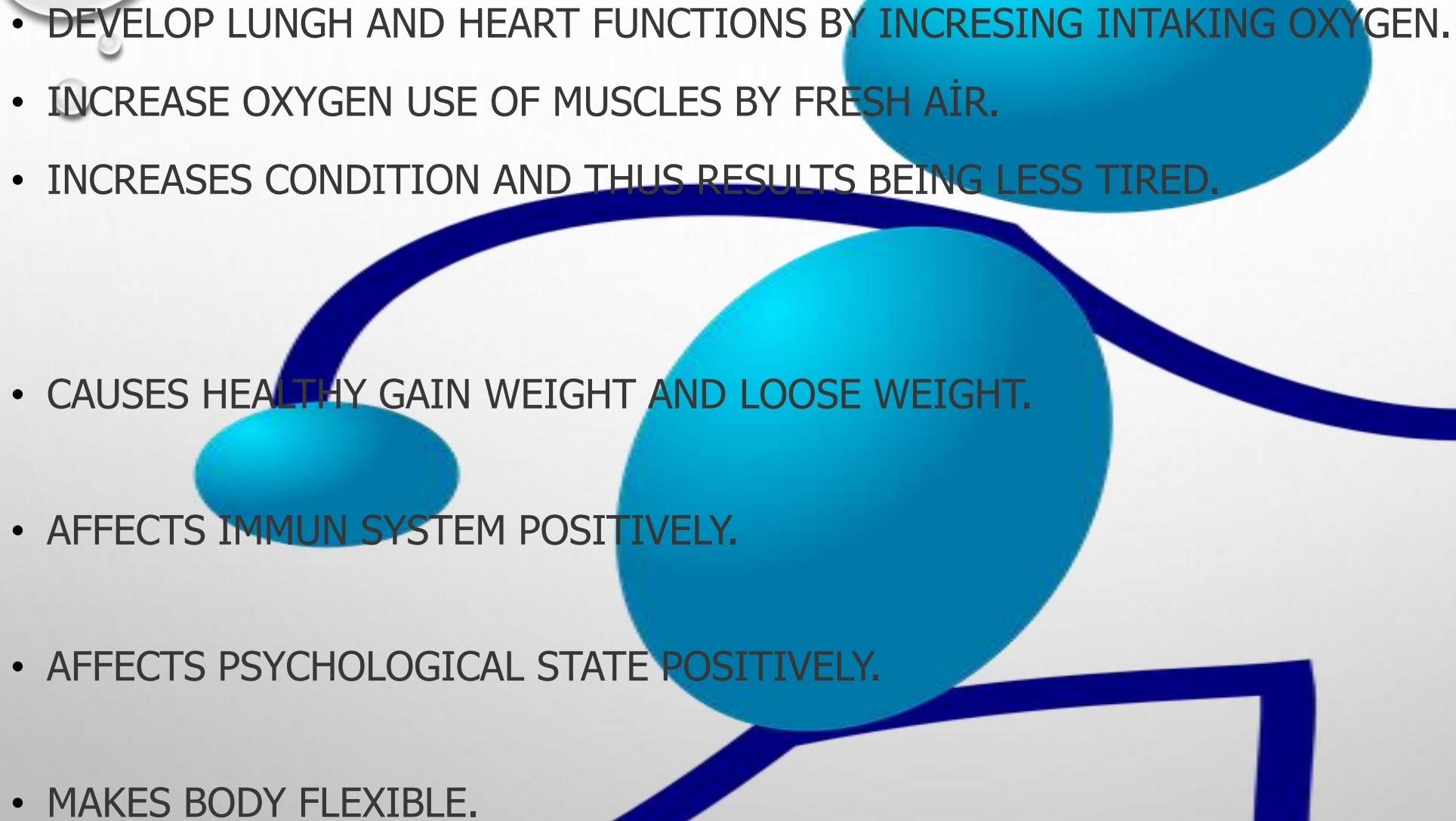
MEAT – EGG AND LEGUMES

- **THEY CONTAIN HIGH AMOUNT OF PROTEIN,**
- **IRON, ZINC, PHOSFORUS, MAGNESSIUM AND VITAMINE B .**
- **LEGUMES AND OILY SEED CONTAIN HIGH FIBER AND THUS THEY PLAY AN IMPORTANT ROLE ACTIVATING COLON REGULARLY.**

DOING EXERCISE...

- ACTIVATES HYPOTHALAMUS..
- PROTECT FROM DEPRESSION BY INCREASING DOPAMIN AND SEROTONIN



- 
- DEVELOP LUNG AND HEART FUNCTIONS BY INCREASING INTAKING OXYGEN.
 - INCREASE OXYGEN USE OF MUSCLES BY FRESH AIR.
 - INCREASES CONDITION AND THUS RESULTS BEING LESS TIRED.
 - CAUSES HEALTHY GAIN WEIGHT AND LOOSE WEIGHT.
 - AFFECTS IMMUN SYSTEM POSITIVELY.
 - AFFECTS PSYCHOLOGICAL STATE POSITIVELY.
 - MAKES BODY FLEXIBLE.

THEN...WHAT CAN WE DO ???

?????



WALKING



KARESI PUBLIC EDUCATION CENTER, BALIKESIR - TURKEY

RIDING BICYCLE



KARESI PUBLIC EDUCATION CENTER, BALIKESIR - TURKEY

SWIMMING



KARESI PUBLIC EDUCATION CENTER, BALIKESIR - TURKEY

AEROBIC



KARESI PUBLIC EDUCATION CENTER, BALIKESIR - TURKEY

THANKS..