

The background is a light blue surface covered with a repeating pattern of various tropical fruits and plants. The elements include slices of watermelon with red flesh and green rinds, halves of papaya showing orange flesh and black seeds, green lime slices, yellow lemon wedges, purple dragonfruit halves with white flesh and red seeds, and whole oranges. There are also green leaves, some with white flowers, and small white droplets scattered throughout.

Keep Healthy

Wiktoria Woźniak, Wiktor Warzocha, Maria Sołtysiak,
Maja Pijanowska, Jan Kusajda

This is our logo



*"The doctor of the future will
give no medicine, but will
instruct his patients in care of
the human frame, in diet, and
in the cause and prevention of
disease."*

—Thomas Edison





What's in this presentation?

01

MOTIVATION

Some motivation tips
are always useful.
They help you stay
calm and organised

02

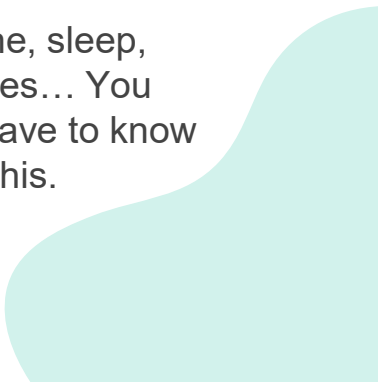
HEALTHY FOOD

We will help you keep
your diet and show
you some great
recipies

03

BODY HEALTH

Higiene, sleep,
activities... You
literally have to know
this.



01 Motivation

Staying motivated is really hard sometimes, but it's always possible.





Healthy lifestyle is not that hard with some motivation. Sometimes when we feel low we stay home with Netflix and junk food. Here's how to avoid that effect.

Motivation tips

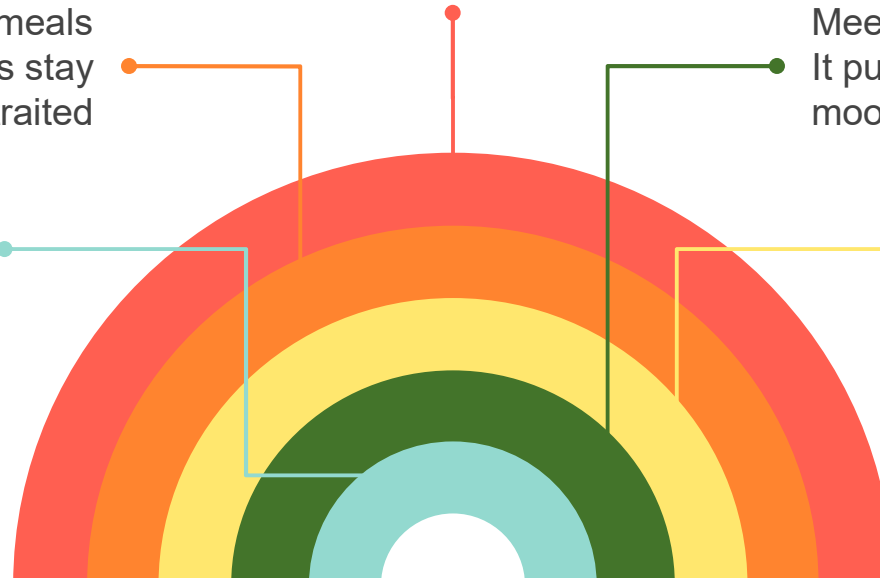
You should stay
organized (write down
things to do in a specific
day)

Eating 5 healthy meals
a day helps us stay
concentrated

Go for a short walk
every day to breath in
some fresh air

Meet with your friends!
It puts you in the good
mood

Doing our work out
calms out mind and
give us some energy



02 Healthy Food

How to eat healthy?
Keeping a diet is not that
difficult!



Why keeping a healthy diet is so hard?

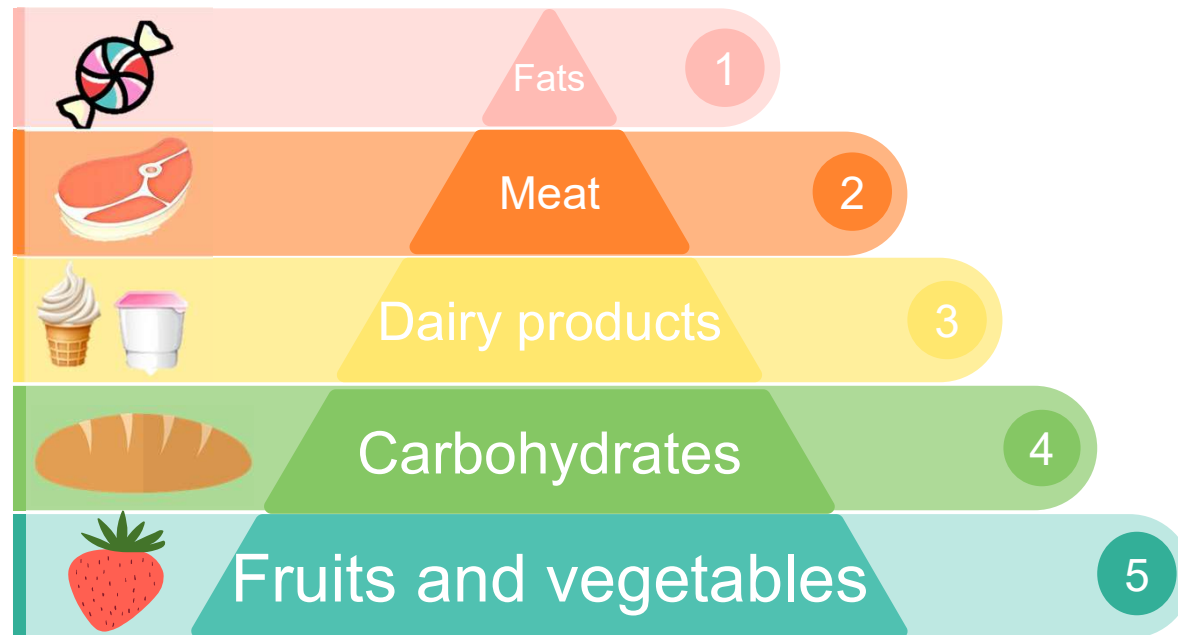
Many people who were on diet didn't manage to stay away from sweets and fast food. Here's why:

- They are not motivated enough,
- They're bored so they go to fridge over and over,
- They don't know how to cook tasty meals without any unhealthy ingredients.

Try to avoid this situations, we will show you how.



Pyramid





*Enjoy your simple and
healthy breakfast*

Fruit salad

STEP 1

Prepare some fruits.
Remember to wash
them before starting!

STEP 2

Peel your fruits.

STEP 3

Chop them into small
square pieces.

STEP 4

Put everything into
one bowl and mix.

STEP 5

You can add some
lemon juice if you
want.

STEP 6

Your breakfast is
ready to eat!

03 Body health

Honestly, do you sleep enough? No? It's time to change it.



Do you know how many hours of sleep you should have?



You should get enough sleep, to feel powerful and look healthy. Then you're concentrated and it's easier to live your life all over.





Daily you should eat

2100-2800kcal

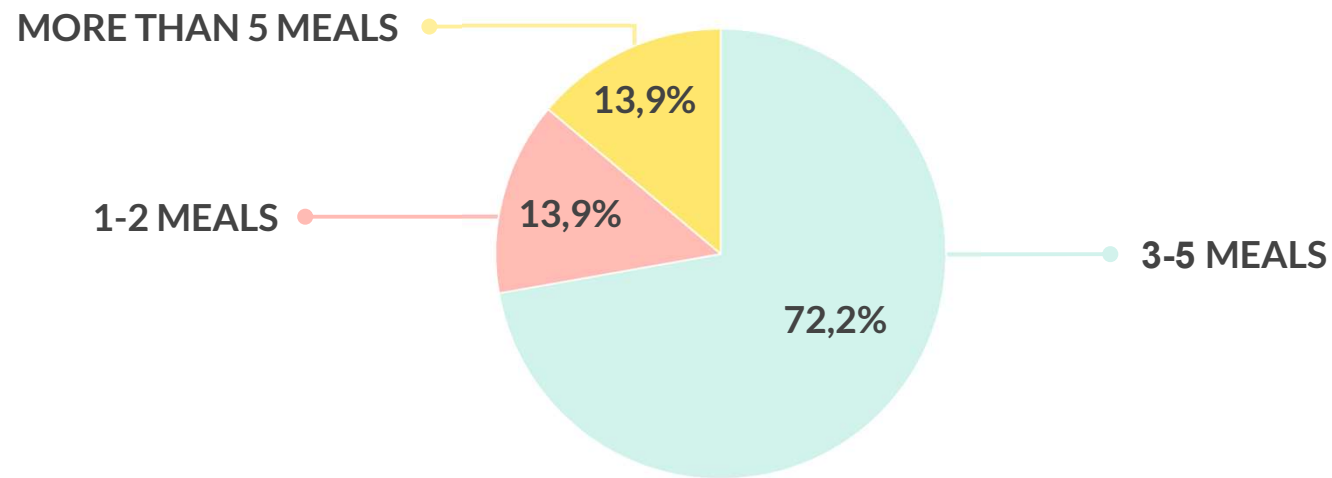
It depends on your physical activity, weight
and height

The background of the slide is a vibrant collage of tropical fruits and foliage. It includes slices of watermelon, papaya, lime, and orange, as well as whole coconuts, guavas, and various tropical leaves and flowers. A large, light blue, cloud-like shape is centered on the slide, serving as a backdrop for the text.

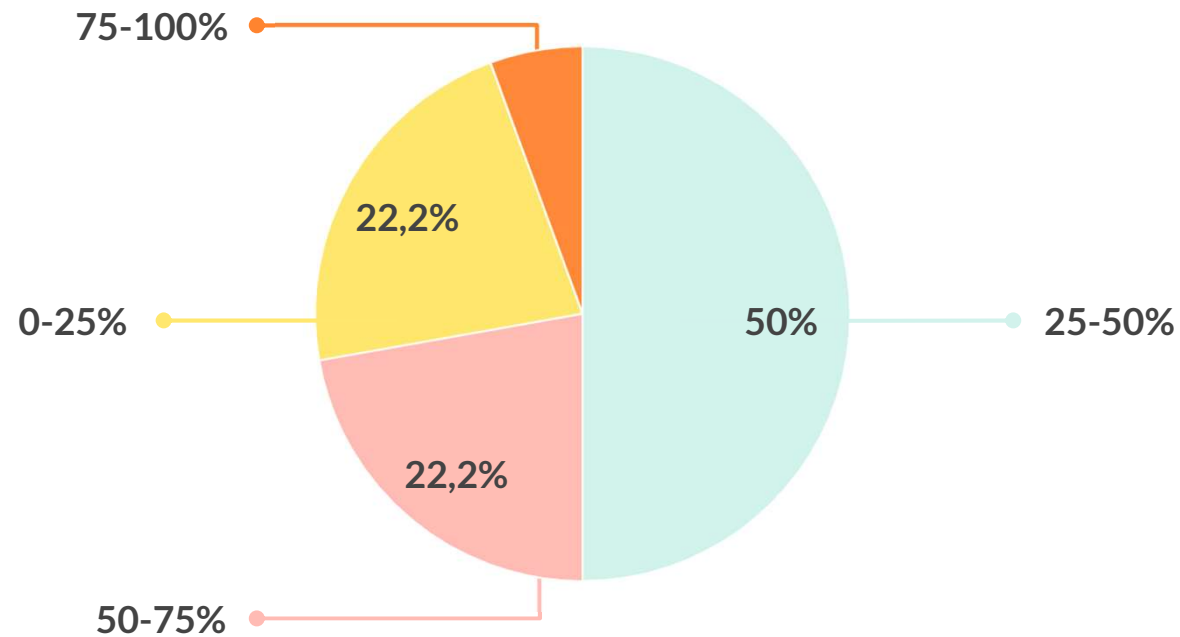
Questionnaire

We asked 36 people to answer our questions
about their self-care

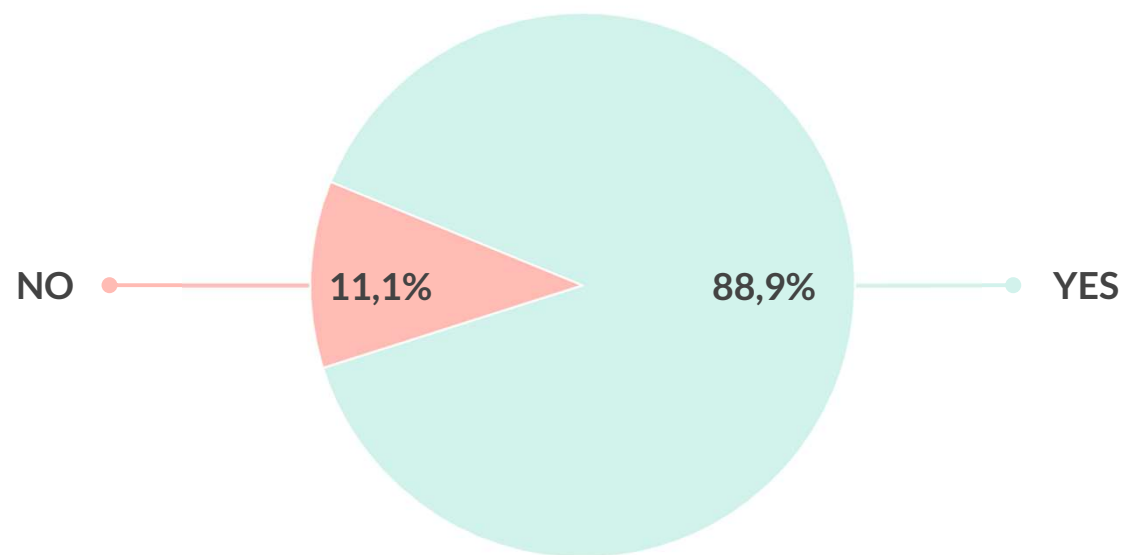
How many meals do you eat during the day?



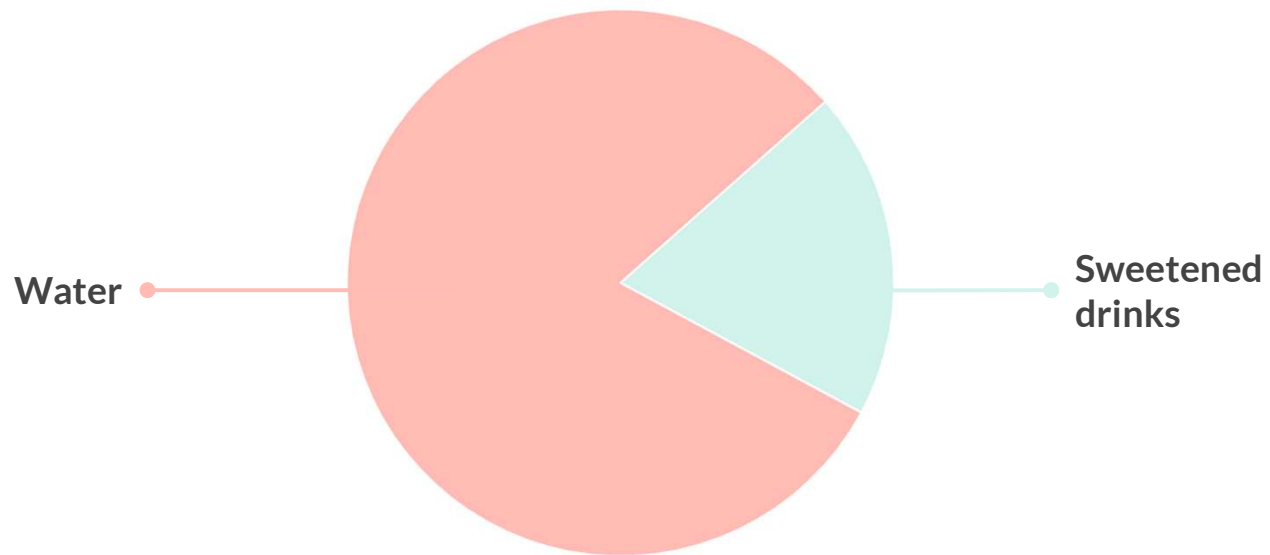
How many percent of your diet are fruits and vegetables?



Do you eat breakfast?



Which one do you drink more?



5 ways to stay healthy

1. You have to take care of hygiene



2. You have to eat healthy

3. You have to play sports



4. You need to sleep enough

5. You have to drink a lot of water

