

Health tips from the school nurse

Routine Routine Routine!

- Wake up at the same time everyday.
- Shower and keep a daily hygiene routine.



When studying, sit at a desk or your kitchen table. It's not a great idea to stay in bed all day while studying.

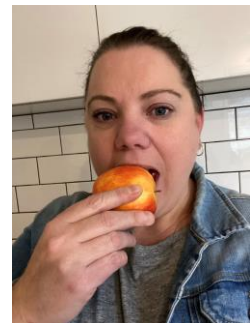
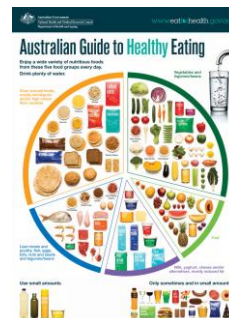
For the best sitting position:

- Keeping feet flat or rest them on either the floor or a footrest.
- Avoiding crossing knees or ankles.
- Maintaining a small gap between the back of the knees and the chair.
- Positioning knees at the same height or slightly lower than the hips.
- Placing ankles in front of the knees.
- Relaxing the shoulders.



Eat healthy meals or snacks.

- Limit sugary drinks.
- Drink lots of water.
- Avoid junk food.
- Eat according to the healthy food pyramid.
- Remember 3 meals a day or regular snacks.
- Don't eliminate fats instead focus on healthy fats.



Regular stretching: keeps muscles long, lean and flexible.

- Wiggle your toes.
- Stretch your arms and legs.
- Twist your upper body.
- Roll your neck.

Exercise for 30 minutes a day.

- Walk.
- Run.
- Ride your bike.
- Participate in a work out video on YouTube.
- Do some yoga.



Have a daily break from technology.

Sleep well: 8-10 hours' sleep a night.

- Sleep keeps your heart healthy.
- Sleep helps reduce stress.
- Sleep makes you more alert.
- Sleep improves your memory.
- Sleep puts you in a better mood.

