Importance of Treating Body with Respect and Dignity

s u o r o g i v c i t a r p
n u f o i t y o a m e i r r
m e n t a l h e a l t h h o
p k i s t a l y u b c t u t
b b i p c l t g a e r f r e
d r a o i r g f i a g s i i
e t v s d r e n s i g n a n
t e a t g r h e d s n c b i
a g r u s l a p n i i r u n
r e i r b b p o s t u r e g
e v e e g l e n i i n s i a
d g c a r b o h y d r a t e
o g y n u t r i e n g s a e
m u n n i y r t s l e e p d

1. We need 9 - 11 hours of _____ each night.

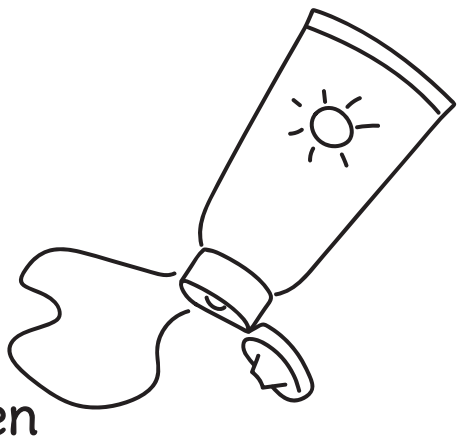
2. Exercise intensity ranges between _____ to _____ .

3. _____ protects our skin from harmful UV rays.

4. If we sit up with our backs straight, shoulders back, head over shoulders and shoulders over our hips with our arms by our side, we have good _____.

5. The food pyramid says we need 3- 5 servings of _____ everyday.

6. We also need two portions of _____ daily .

7. It's important we mind our _____ _____ just as much as we mind our physical health.

- ☐ Mental Health
- ☐ Moderate
- ☐ Vigorous
- ☐ Carbohydrate
- ☐ Posture
- ☐ Sleep
- ☐ Protein
- ☐ Sunscreen