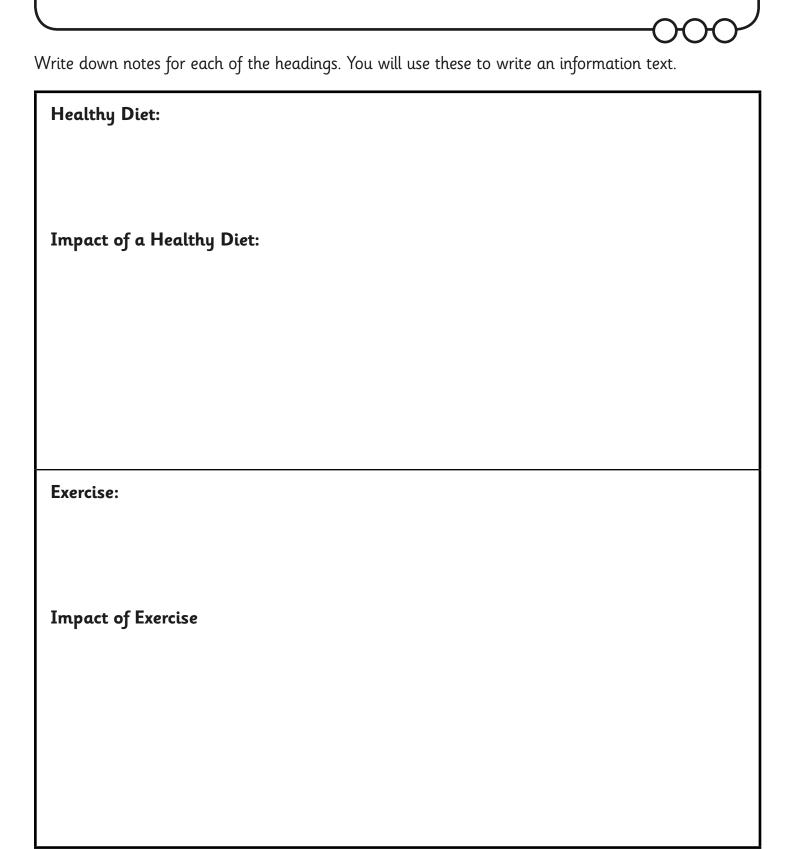


Diet and Exercise Planning

| Exercise: | Haalahii Diati | | |
|-----------|----------------|--|--|
| Exercise: | Healthy Diet: | | |
| Exercise: | | | |
| | Exercise: | | |
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Diet and Exercise Planning







Diet and Exercise Planning



Write down notes for each of the sections. You will use these to create a healthy lifestyle brochure.

| Healthy Diet: |
|--------------------|
| Carbohydrates: |
| Protein: |
| Fats: |
| Water: |
| Fibre: |
| Vitamins: |
| Minerals: |
| Exercise: |
| Impact of Exercise |
| |
| |

