



**Helping Active Lives through
Targeting Healthy Youth**



**University
of Suffolk**

Healthy Eating & Activity Habits

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Erasmus+

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Our Habits

What is a habit?

**A habit is something you do all the time
without thinking about it**



**LIKE BRUSHING
YOUR TEETH!**

Our Habits

Why do we need to be aware of our eating and activity habits?



Unhealthy eating &
low activity behaviour



Healthy eating & regular
activity behaviour



BAD HABITS

GOOD HABITS

Because our behaviours have a **BIG** impact on our
HABITS and our **HEALTH!**

Forming Habits

How long does it take a behaviour to become a habit?



*That means repeating a behaviour every day for **70 days***

Healthy Behaviours

**What kind of behaviours
are **HEALTHY**?**

Healthy Behaviours every day!

Consuming **fruit** and
vegetables!



Exercising and playing
more sports

Before, During and **After** School

Forming Habits

What do you need to form a habit?



Eating your snack: Plan 1 and 2

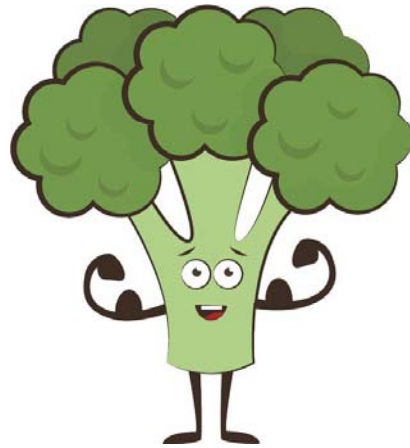
1.
Your favourite fruit

AND

2.
Your preferable snack

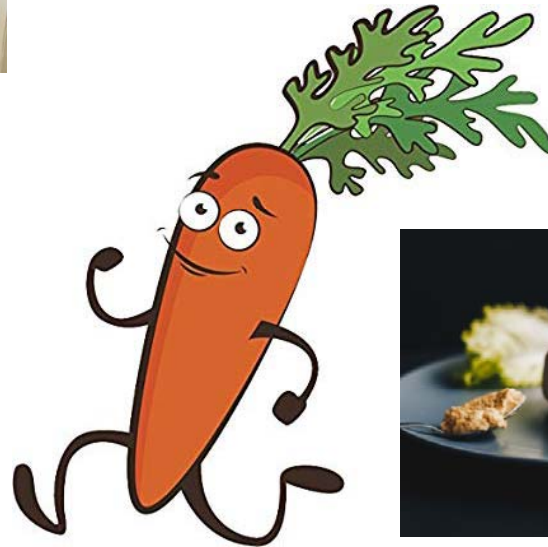


Eating your meals: 1 and 2



2. Tasteful plate!

1. Colourful Salad!





Why?

- The *best* and *quickest* way to *happiness*!

Healthy Behaviours
everyday!

Eating meals together **as
a family!**



Eating your **breakfast!**

Enjoy your daily activities and games!



Every day!



Unhealthy Behaviours

**What kind of behaviours
are UNHEALTHY?**

Unhealthy Behaviours (as rarely as possible!)

Consuming **sugary sweets** and **drinks**



Consuming **fatty junk** **food** and **takeaways**

Unhealthy Behaviours (as rarely as possible!)

Spending too much time
**watching TV or playing
Video games**



**Going to bed too late
and not getting up
early in the morning**



Now you know more on how to stay
Happy and Healthy!