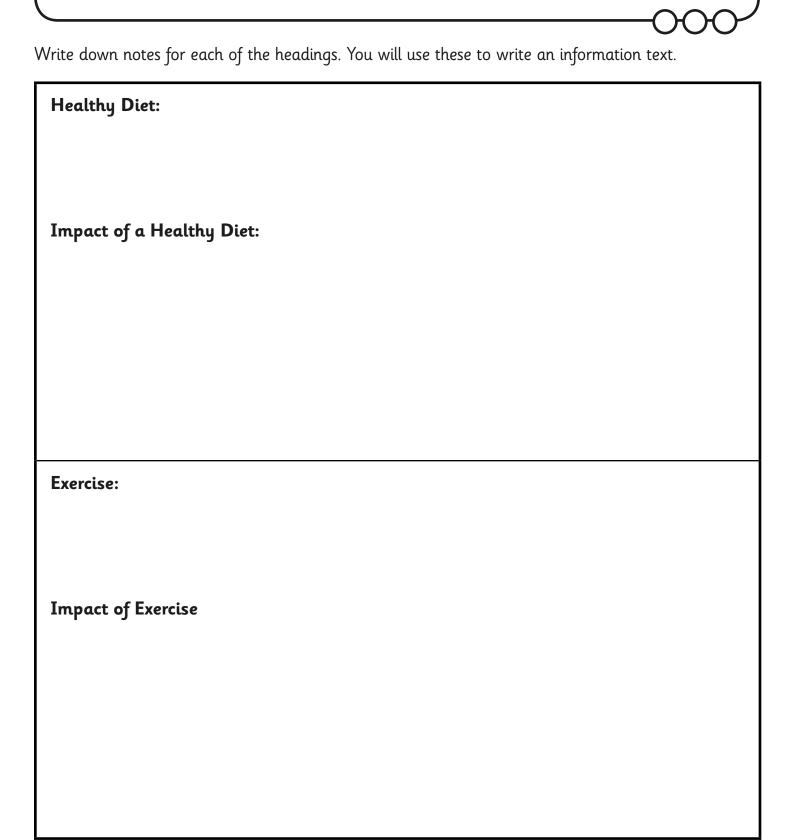


## Diet and Exercise Planning

ite down notes for each of the sections. You will use these to create a poster.	
lealthy Diet:	
xercise:	



## 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

