

# LET'S PROMOTE GOOD LIFESTYLES

I fight my weak points - I work on my good points

SECONDARY SCHOOLS STUDENTS OF THE TERRITORY OF CIVITELLA DEL TRONTO  
(CIVITELLA SCHOOL AND VILLA LEMPA SCHOOL) CARRIED OUT GROUP WORKS  
AND  
CREATED DIGITAL PRODUCTS TO PROPOSE HEALTHY AND POSITIVE LIFESTYLES.

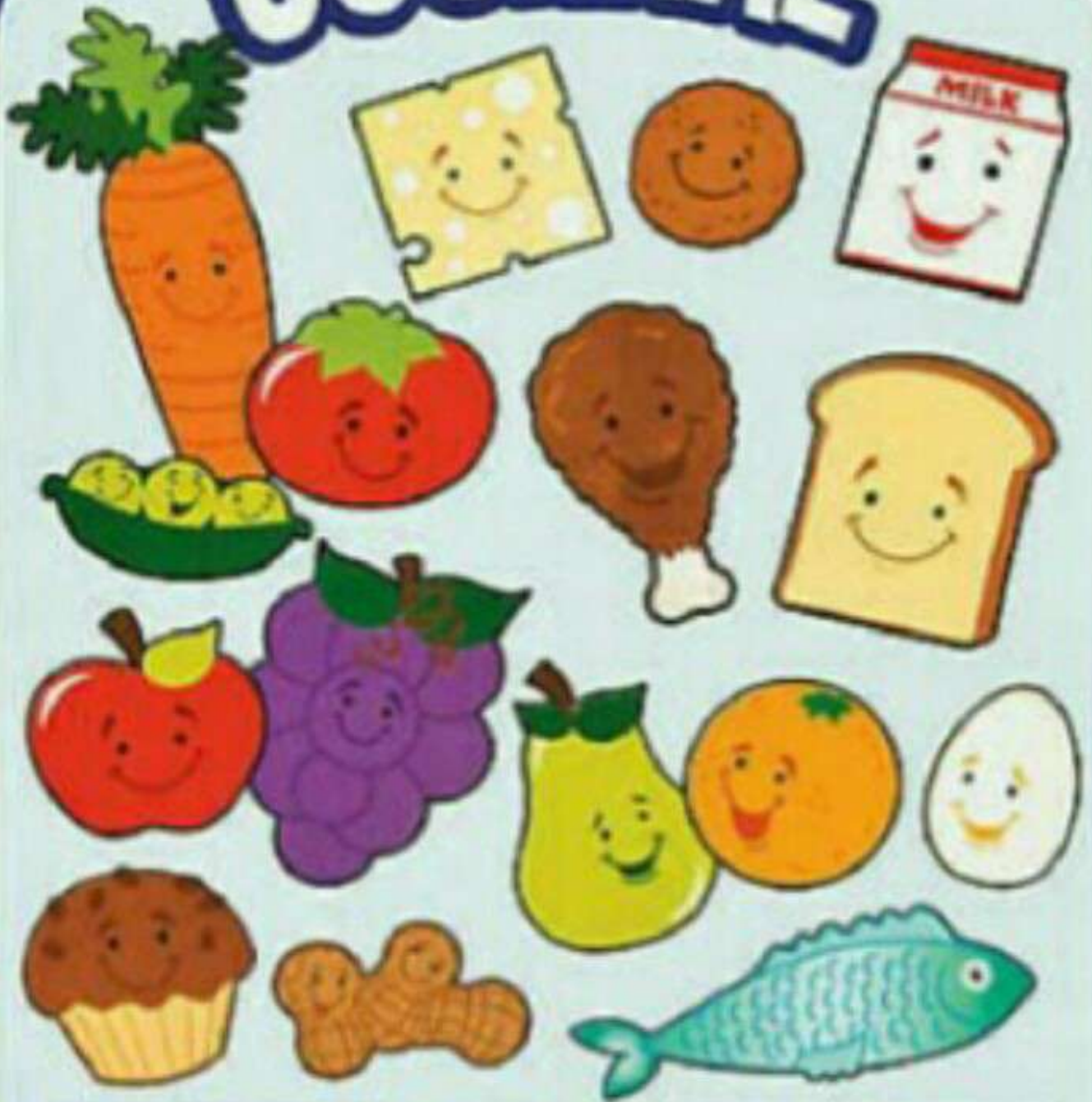
## I CARE

### Healthy lifestyle



# Erasmus+

# MY HEALTHY JOURNAL



THIS JOURNAL BELONGS TO:  
middle school@ Villa  
Lempa

**ACT**  
**HEALTHY**

**BE**  
**HEALTHY**

**EAT**  
**HEALTHY**

**BE**

**SMART**

**EAT**

**SMART**

EAT  
THE BEST  
*LEAVE*  
THE REST



we are

what

we eat

EAT

healthy

&

BE

Well

HEALTHY



IS



MY



ATTITUDE

**EAT** HEALTHY

**LIVE** LONG

**LIVE** STRONG







NOTHING tastes  
as GOOD as  
HEALTHY FEELS



A

GOOD

HEALTH

is the

BEST

WEALTH

...

A Good Health  
is the Best Wealth!



GOOD  
FOOD



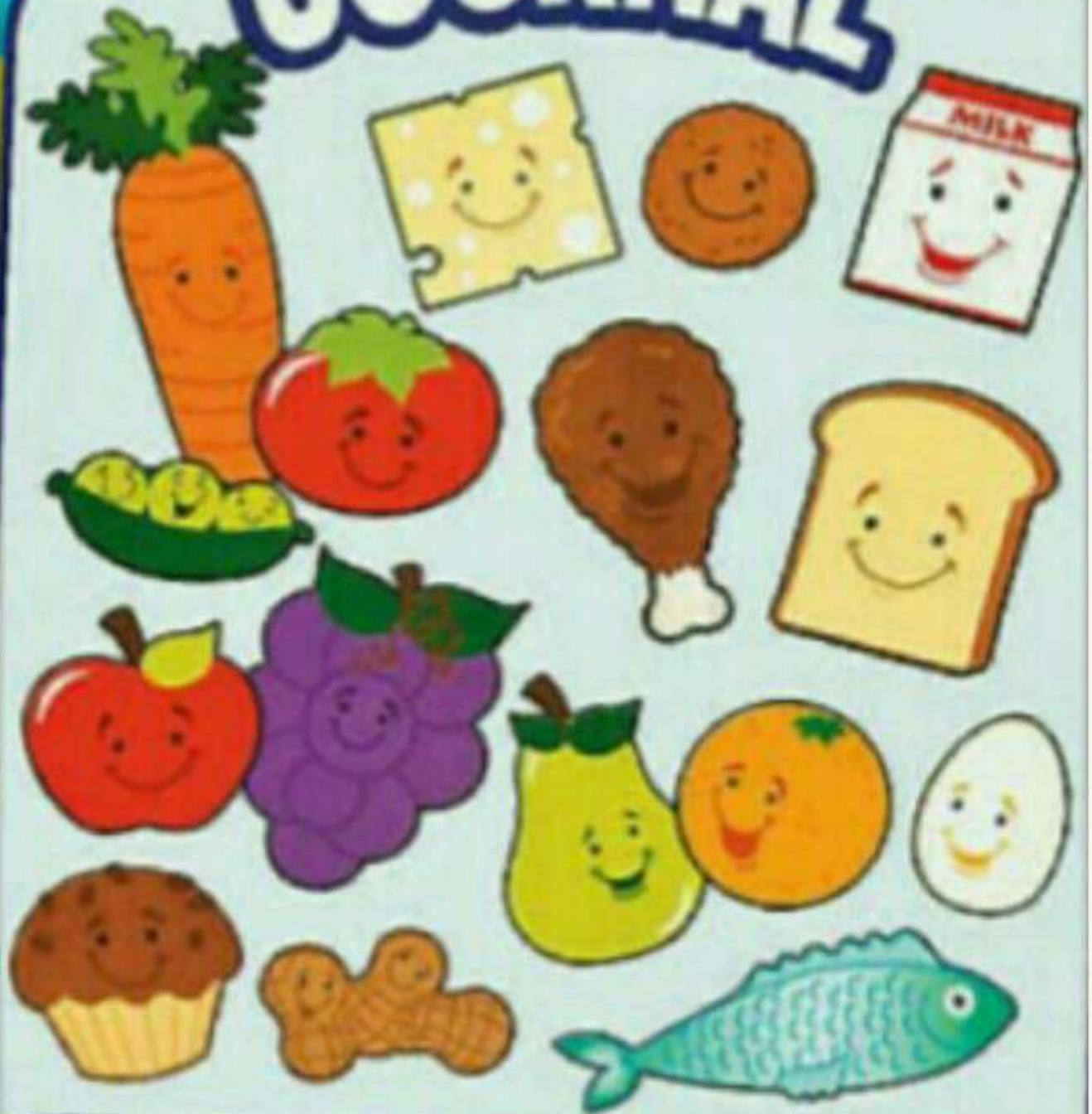
GOOD  
HEALTH



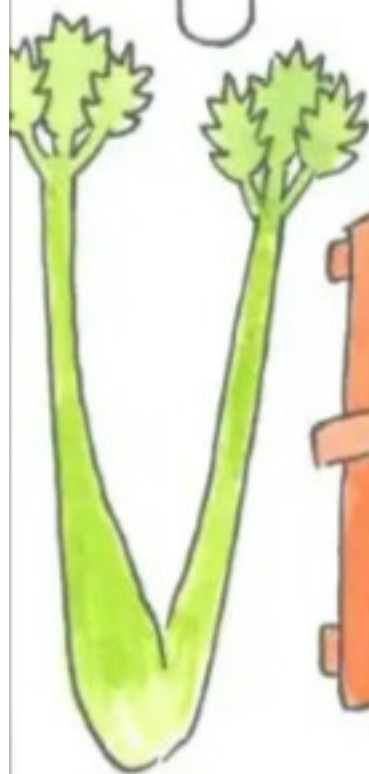
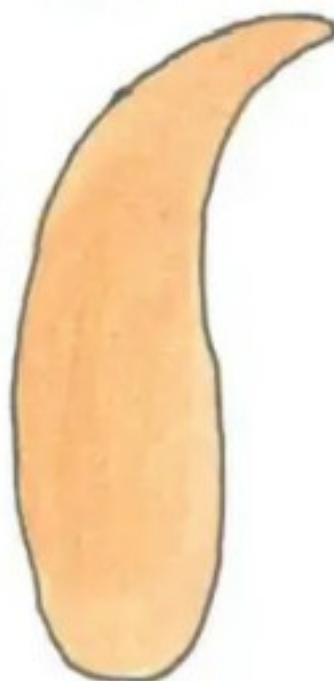
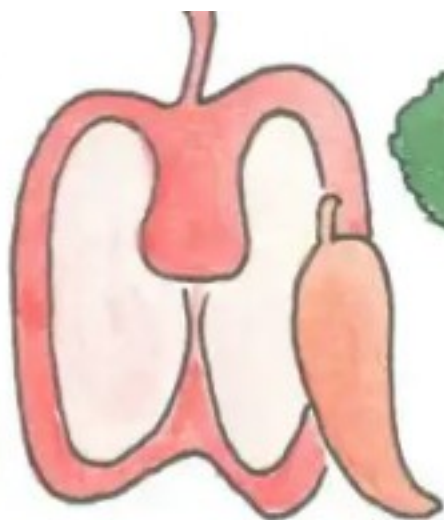
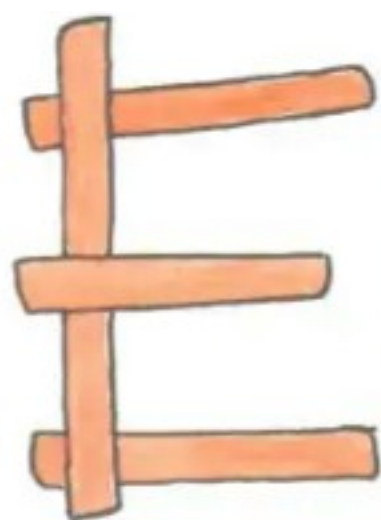
GOOD  
LIFE



# MY HEALTHY JOURNAL



THIS JOURNAL BELONGS TO:  
**middle**  
**school@Civitella**



Of the two  
witnesses,  
hold the  
principal one.

Don't ponder  
others.

Don't bring  
things to a  
painful point.

Don't be swayed  
by external  
circumstances.

Don't expect  
applause.

**THINK** POSITIVELY  
*and*

**EXERCISE** DAILY

**EAT** HEALTHY

**WORK** HARD

**STAY** STRONG

**BUILD** FAITH

**WORRY** LESS

**READ** MORE

**BE** HAPPY

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