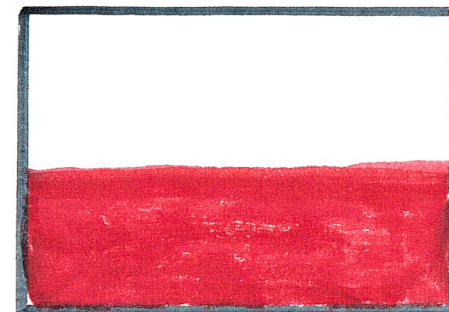
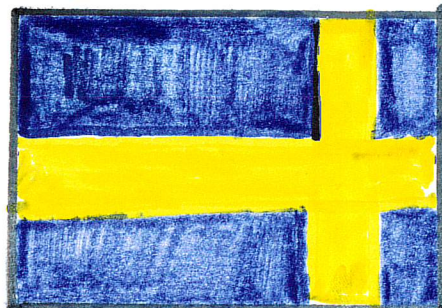


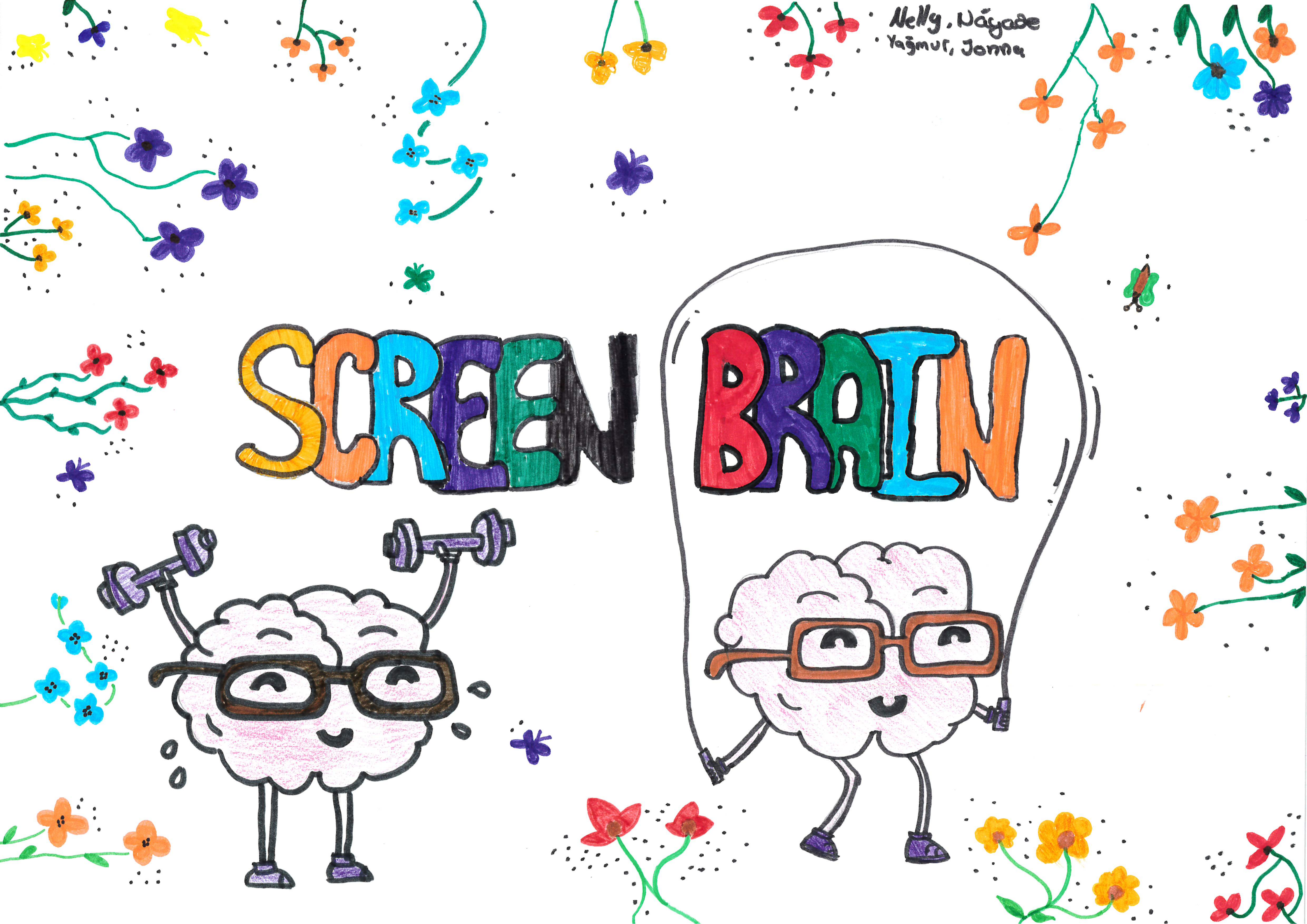
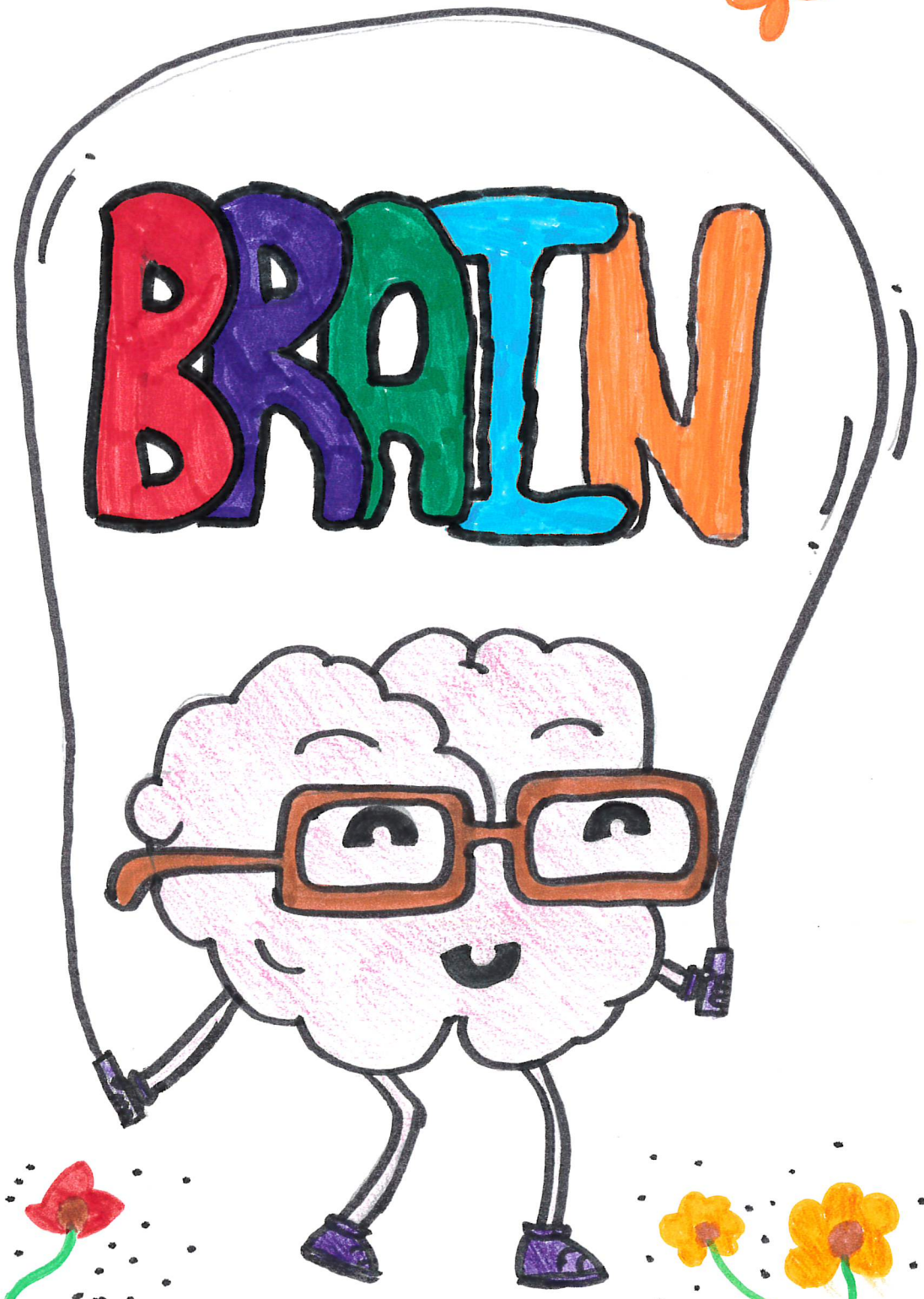
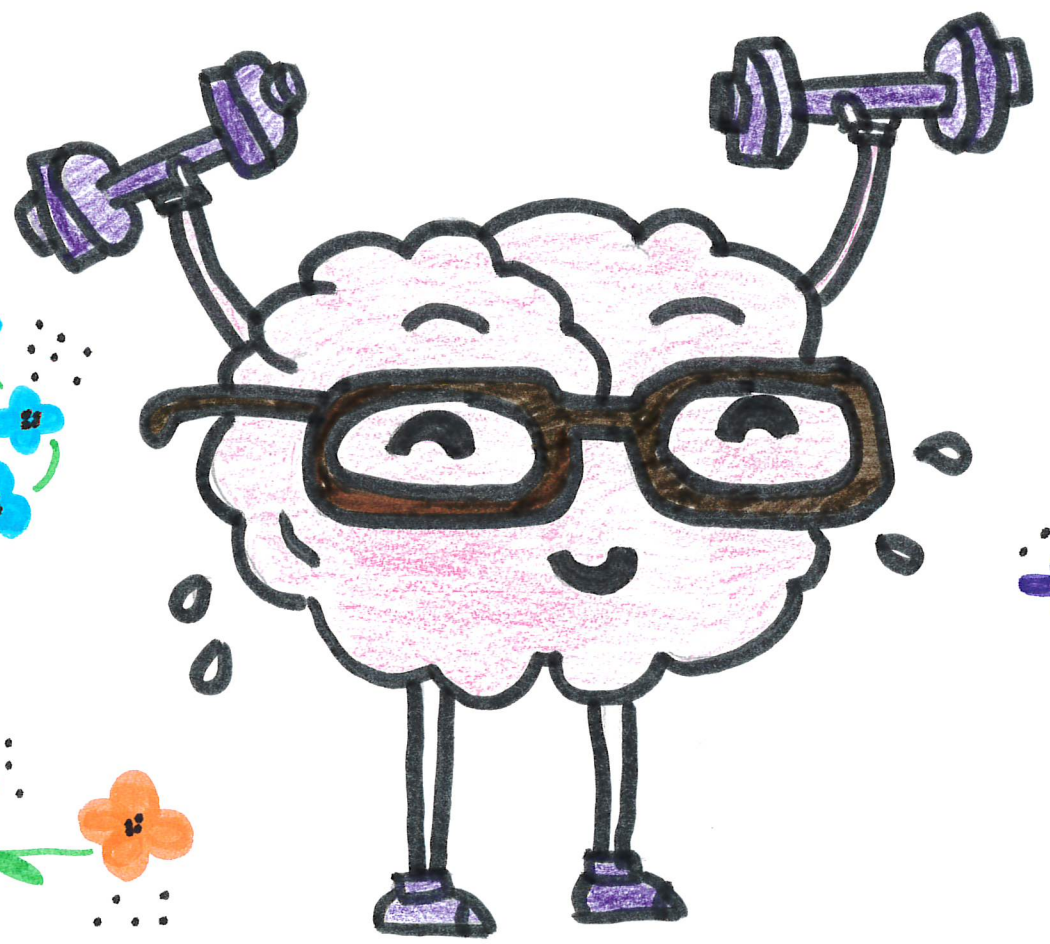
MAKE YOURSELF
STRONGER
THAN YOUR EXCUSES



Nelly, Nāyade
Yağmur, Janna

SCREEN

BRAIN



Walking is good, phones can be good

Walking



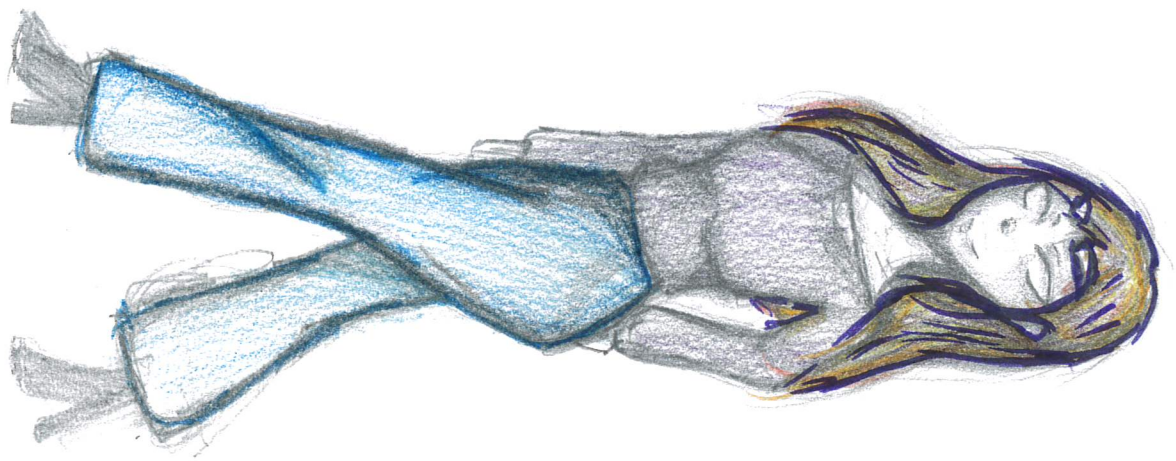
Exercise will improve your memory, make you happy, build muscles and focus

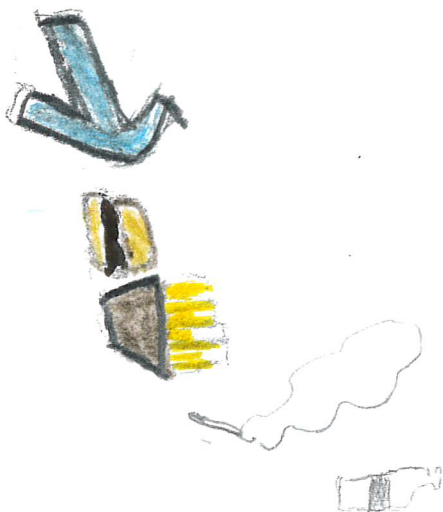
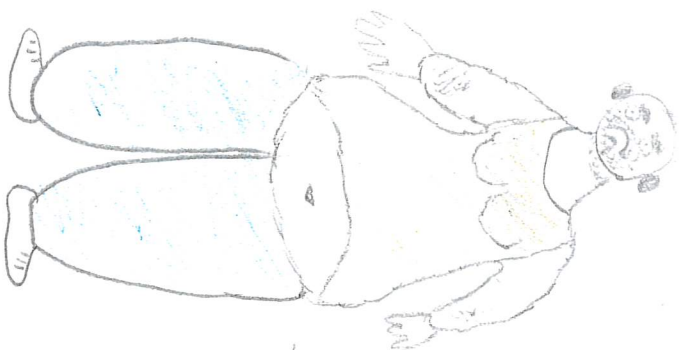
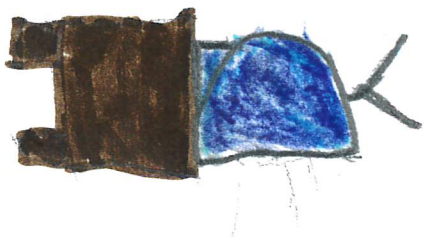
Or not

not walking

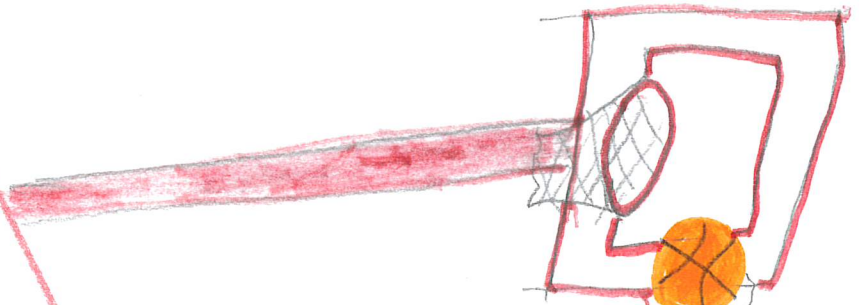
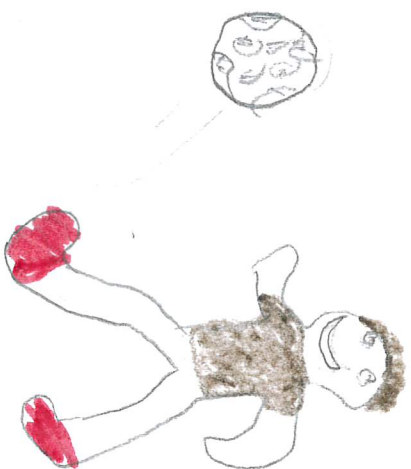
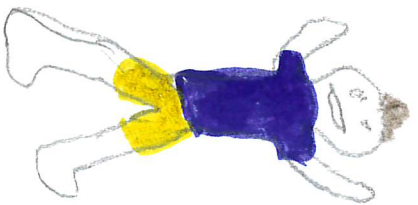


Erasmus 2022





STAYING ACTIVE
 STAYING HAPPY

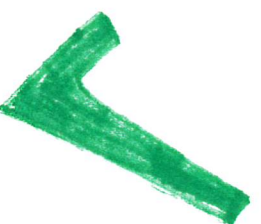
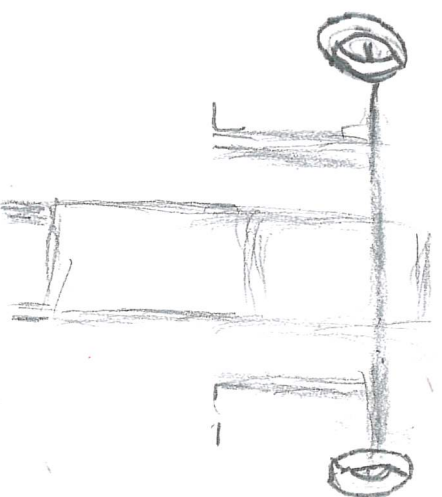
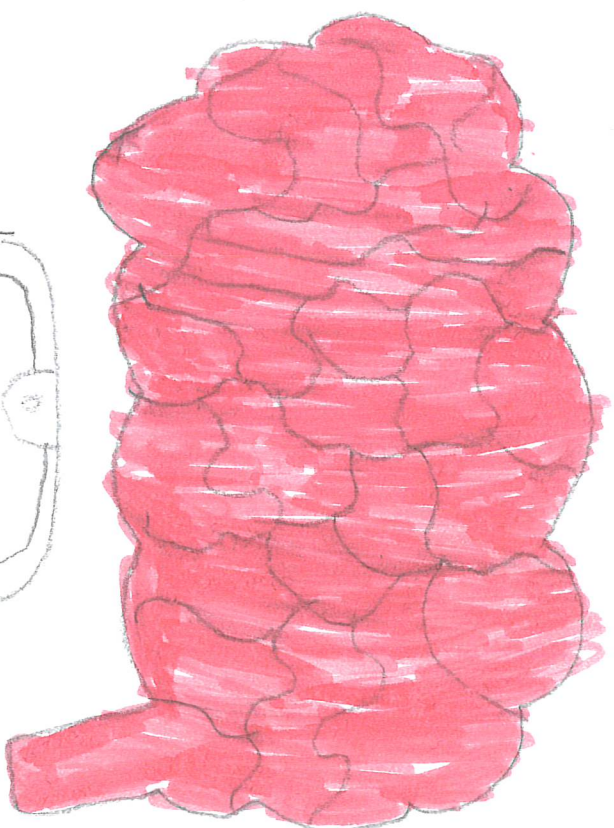


Toni

Bian H

ERIK I

Tuma



GARBBE
PB 85ky

EXERCISE is good for your mind.
SPENDING HOURS A DAY ON
YOUR PHONE is not.



Volleyball

Gym

Basketball

Horse back riding

Gymnastics

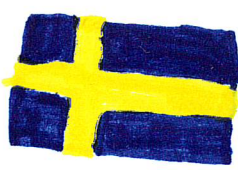
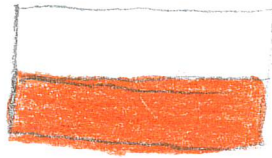
Swimming

Bike riding

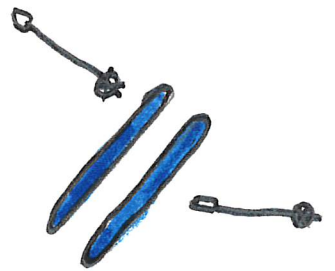
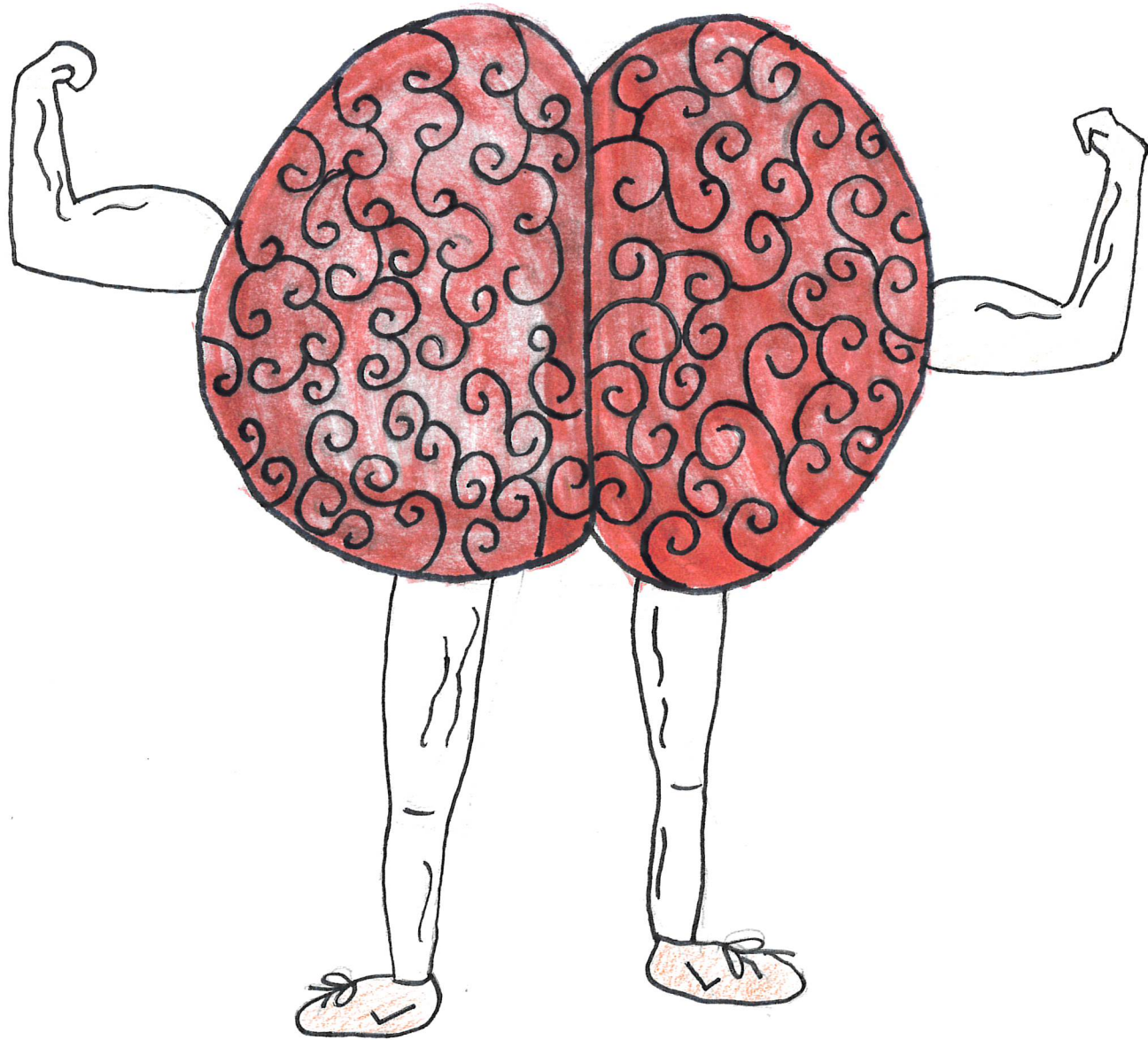
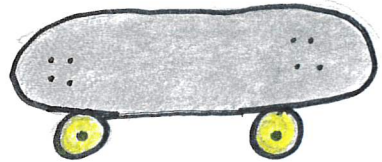
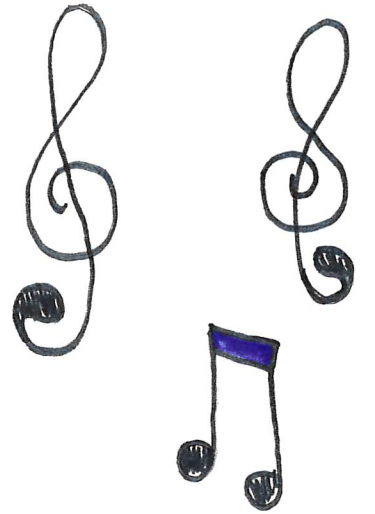
Football

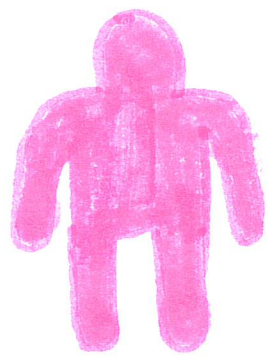
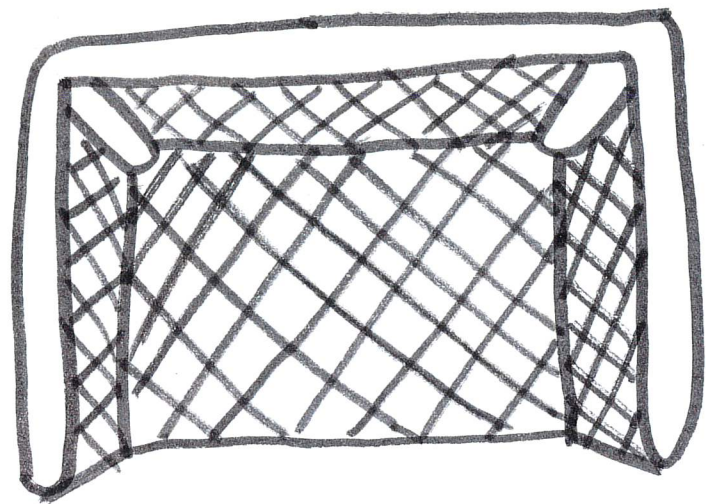
Ice hockey

Handball



grow your brain





Football

SPORTS - Volleyball

Handball

Basketball

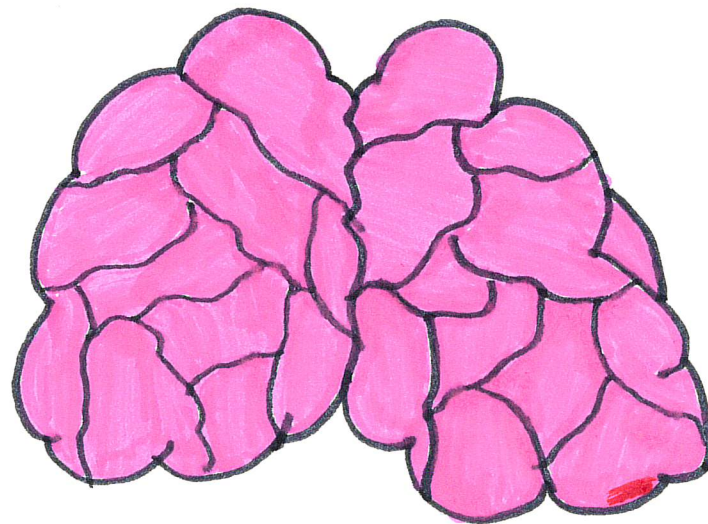
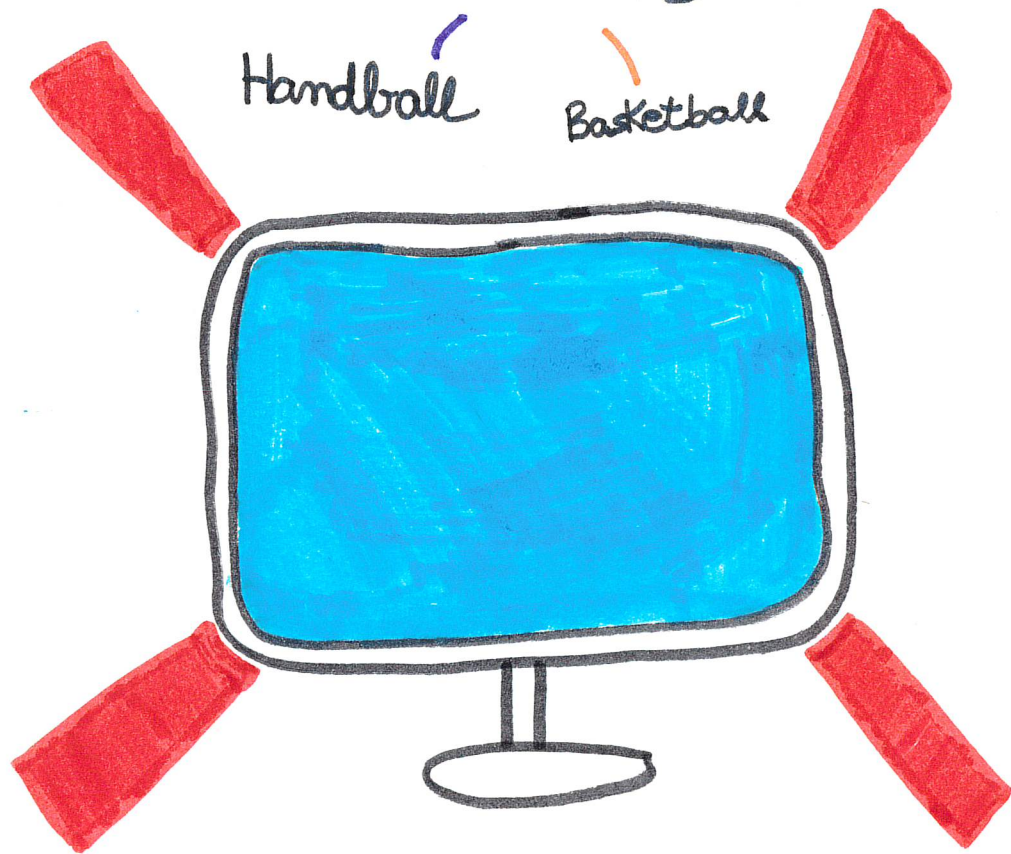


Plate Model



STAY

healthy



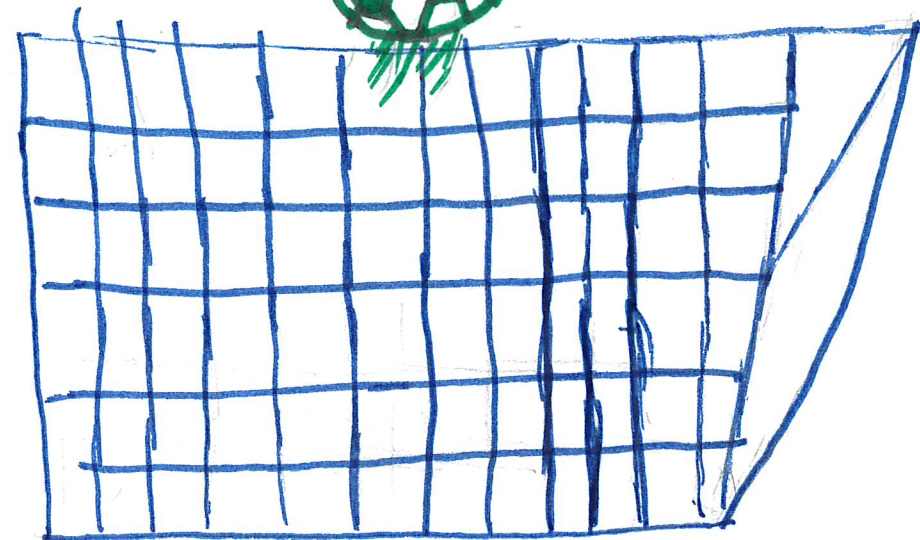
tennis



swimming

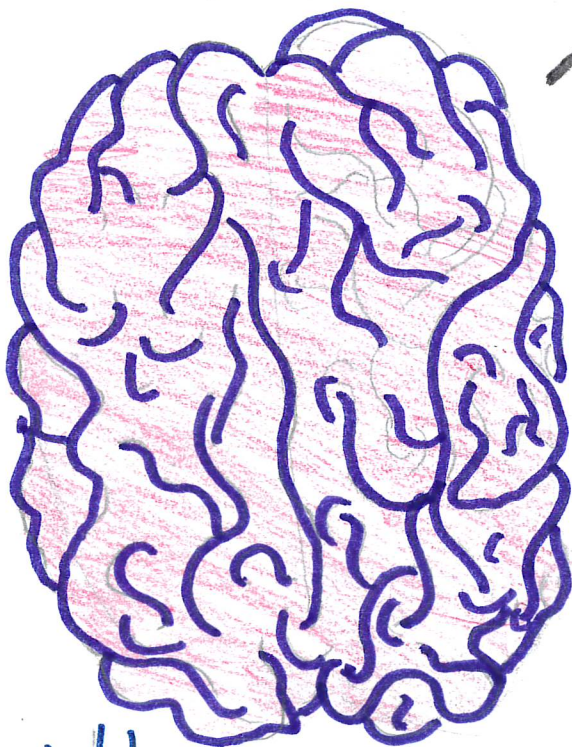


Nellie, Aysu, Maia, Nela



football/soccer

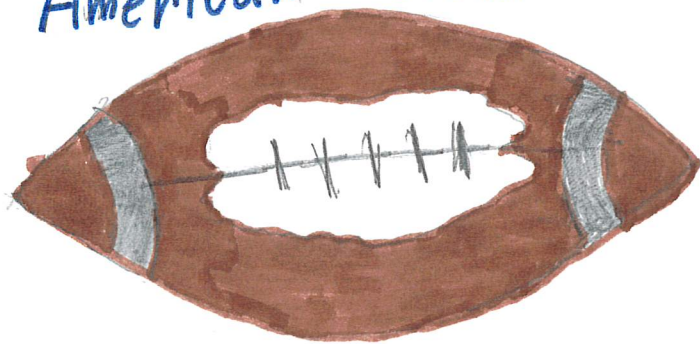
badminton



basket ball



American football



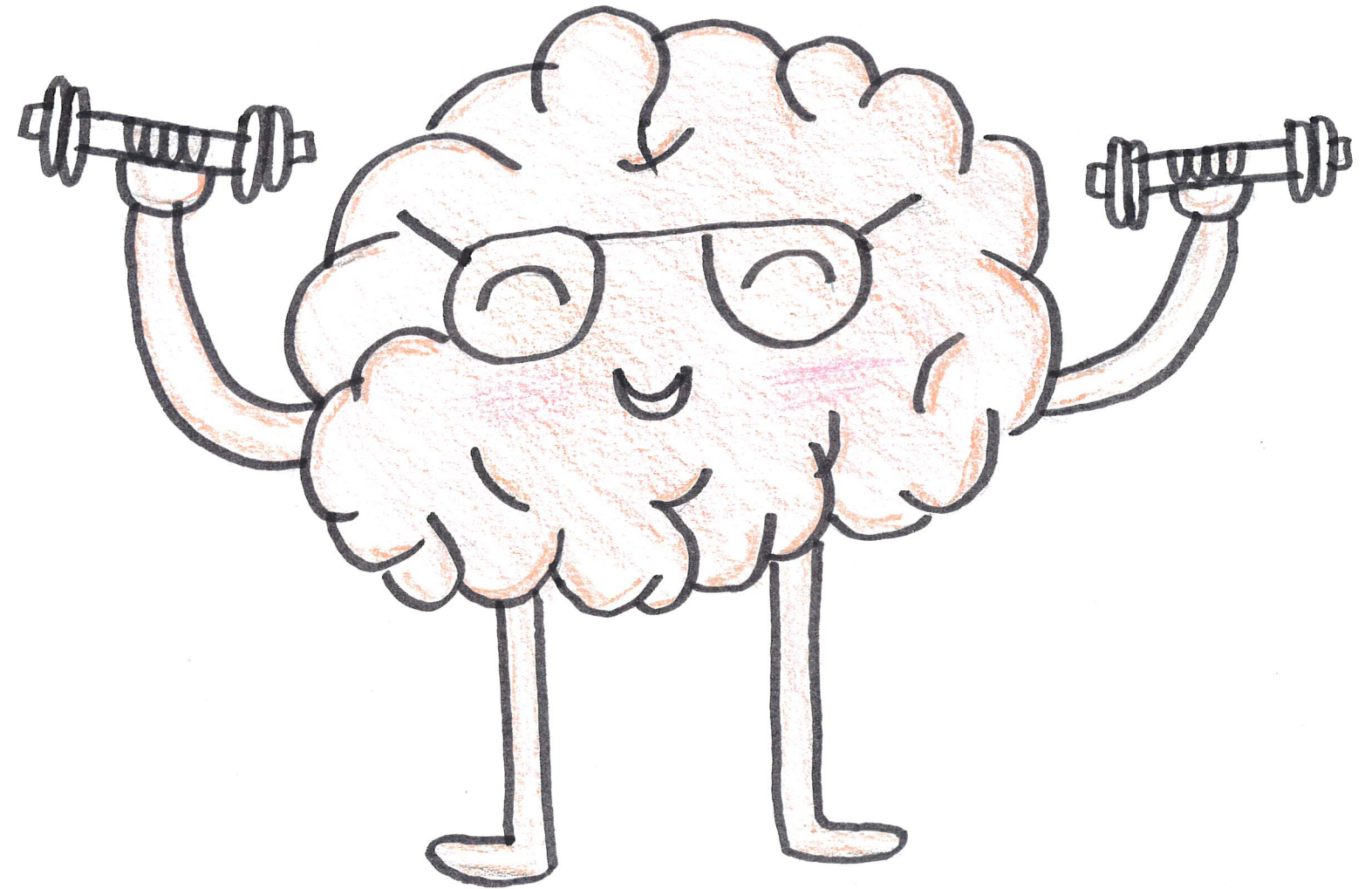
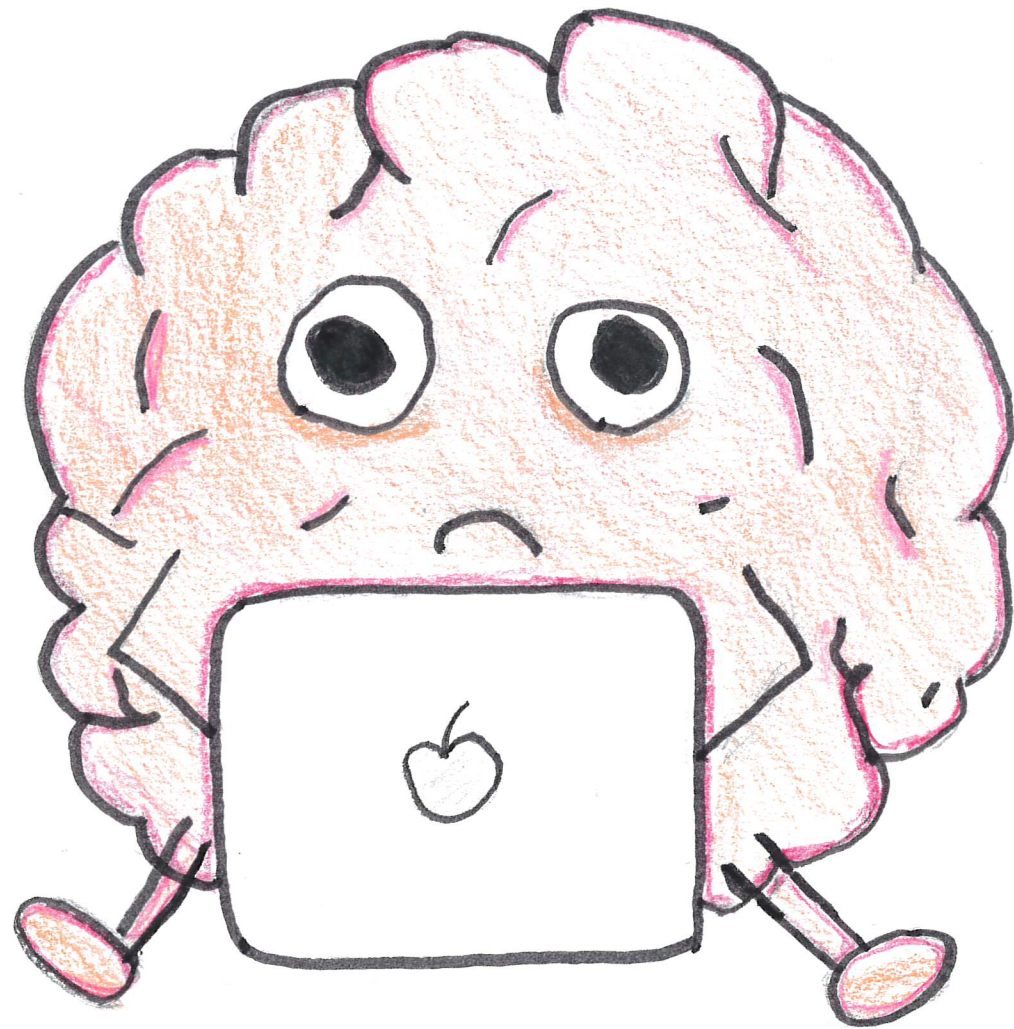
Volleyball



hockey



Screen Brain



grow your brain



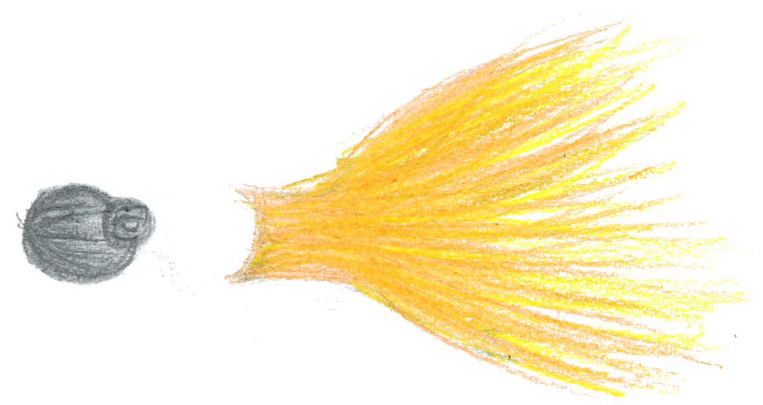
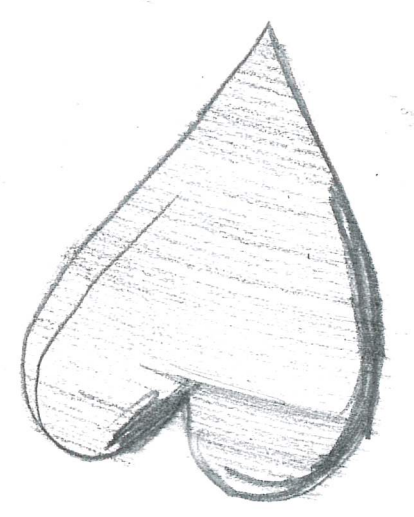
"Living is the rarest thing in the world, most people just exist."
- Oscar Wilde

"Just keep swimming" - Dory

"Not everyone's journey is easy, it's hard, it's messy, it's beautiful."

"You can't find happiness in the same place you lost it!"
- Sam

"Blowing someone else's way + make yours any brighter!"



When me and my friends were younger ~~we~~
all enjoyed school. When it came to playing
sports, we all enjoyed soccer and handball
all.

I had my body strength back and applied on it,
which helped me to repair my body.

I got strong thanks to ~~Physical Activity~~ (Sports).
It also helped me mentally, we were able to sleep easier.
However, due to us taking high volumes of calories, we lost
the benefits of the physical activities that ~~get~~^{so} sad.
What led to us losing it was looking at my phone while
eating, so I ate a lot more than I should. So at the end of
the day do not look at your phone while eating.

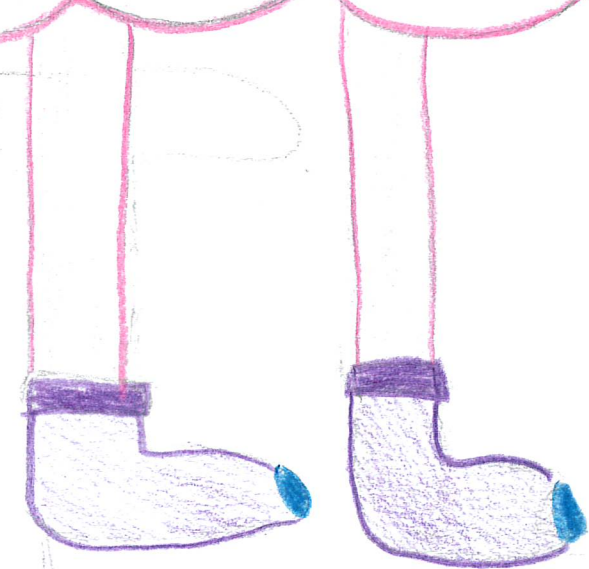
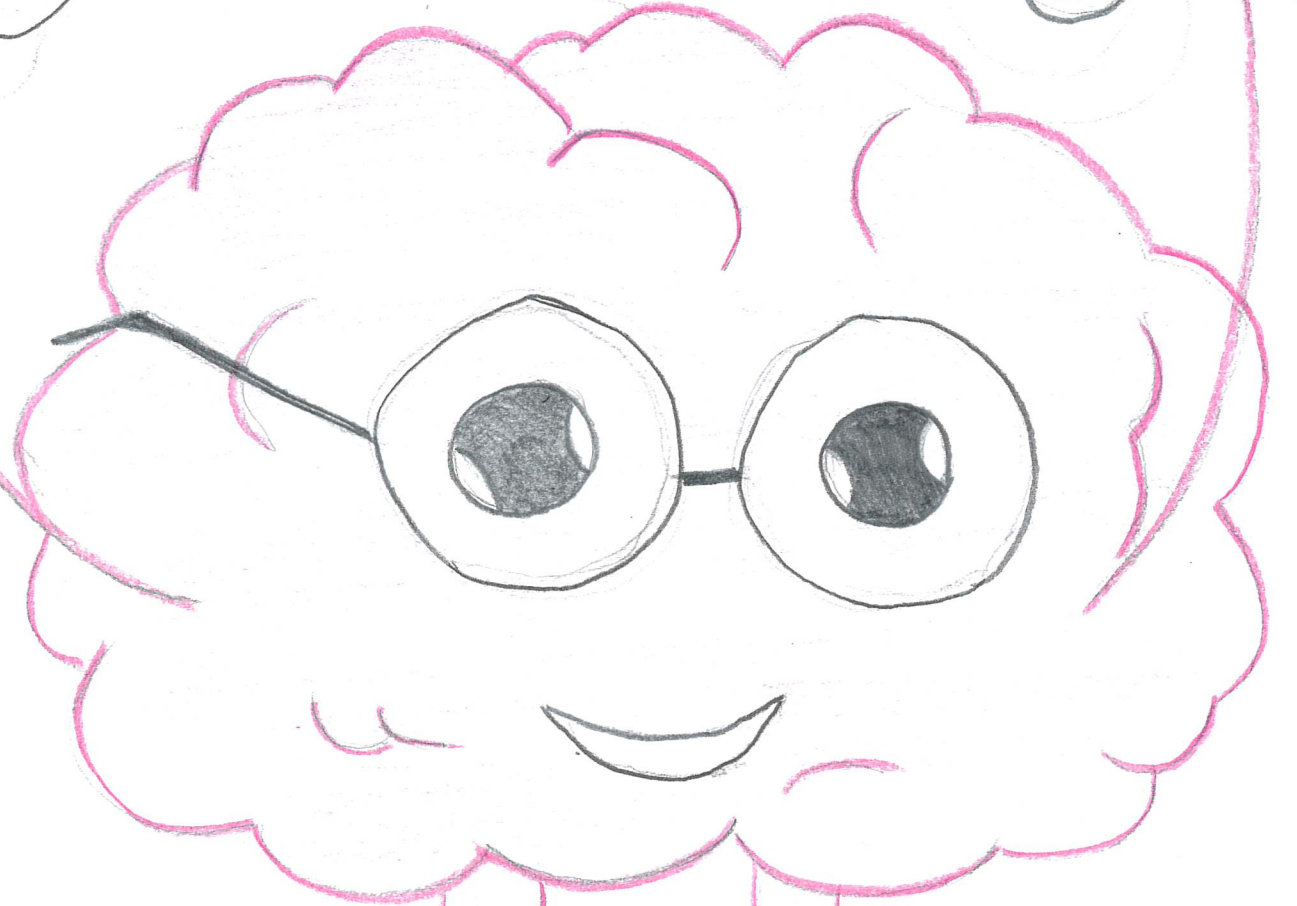
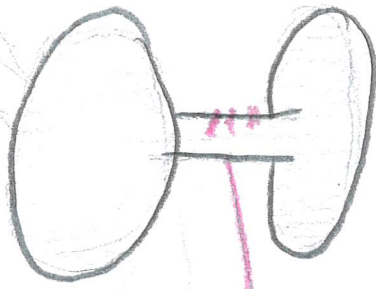
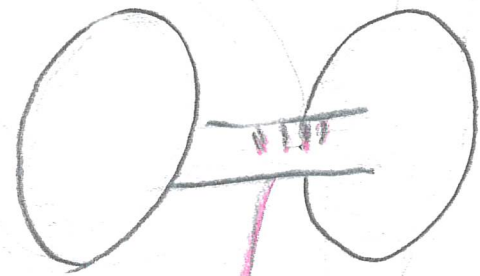


EXERCISE

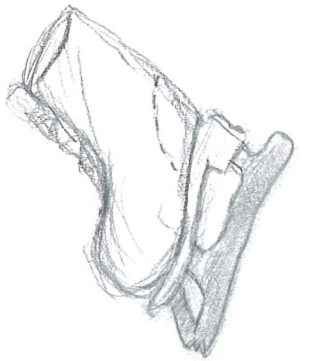
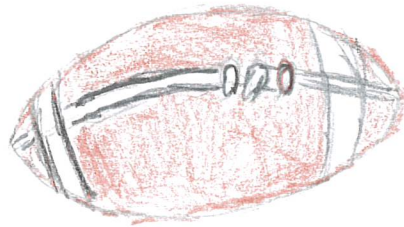
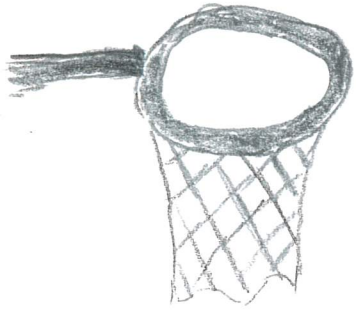
- we concluded that exercise is very important for the mind and body
- most of us preferred cardio-vascular exercise over weightlifting and most of us also preferred to workout alone



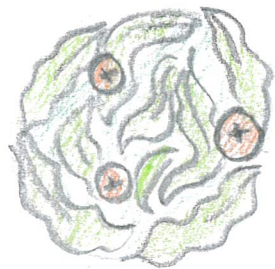
ERRA



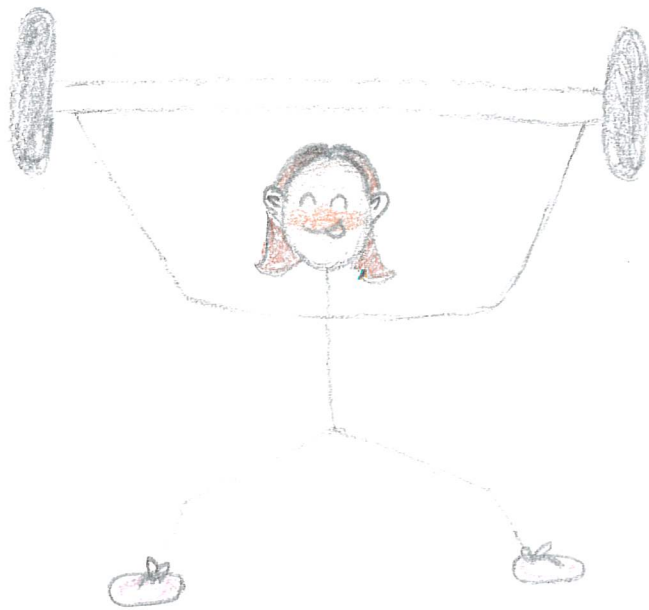
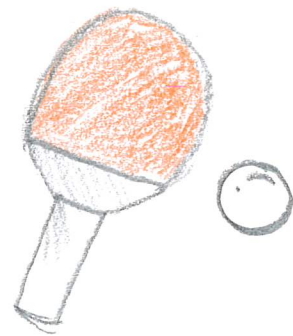
PROJECT



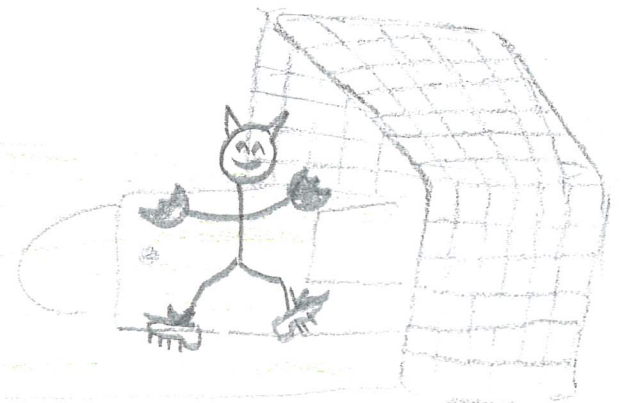
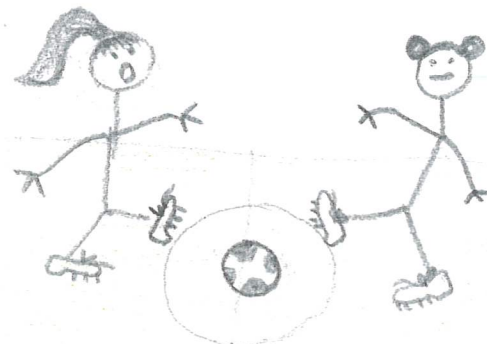
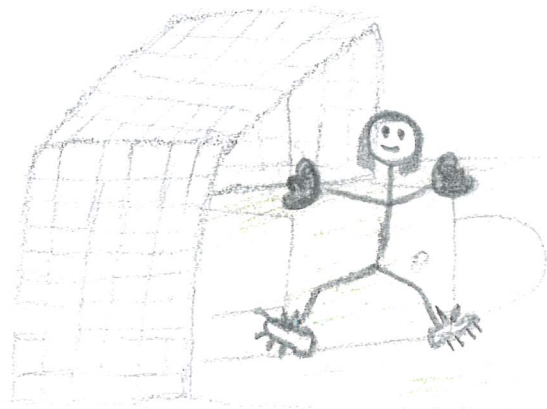
running



Salad.



weightlifting.



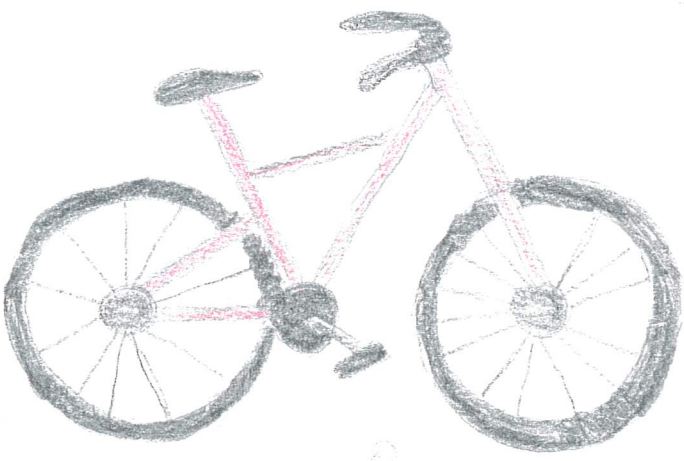
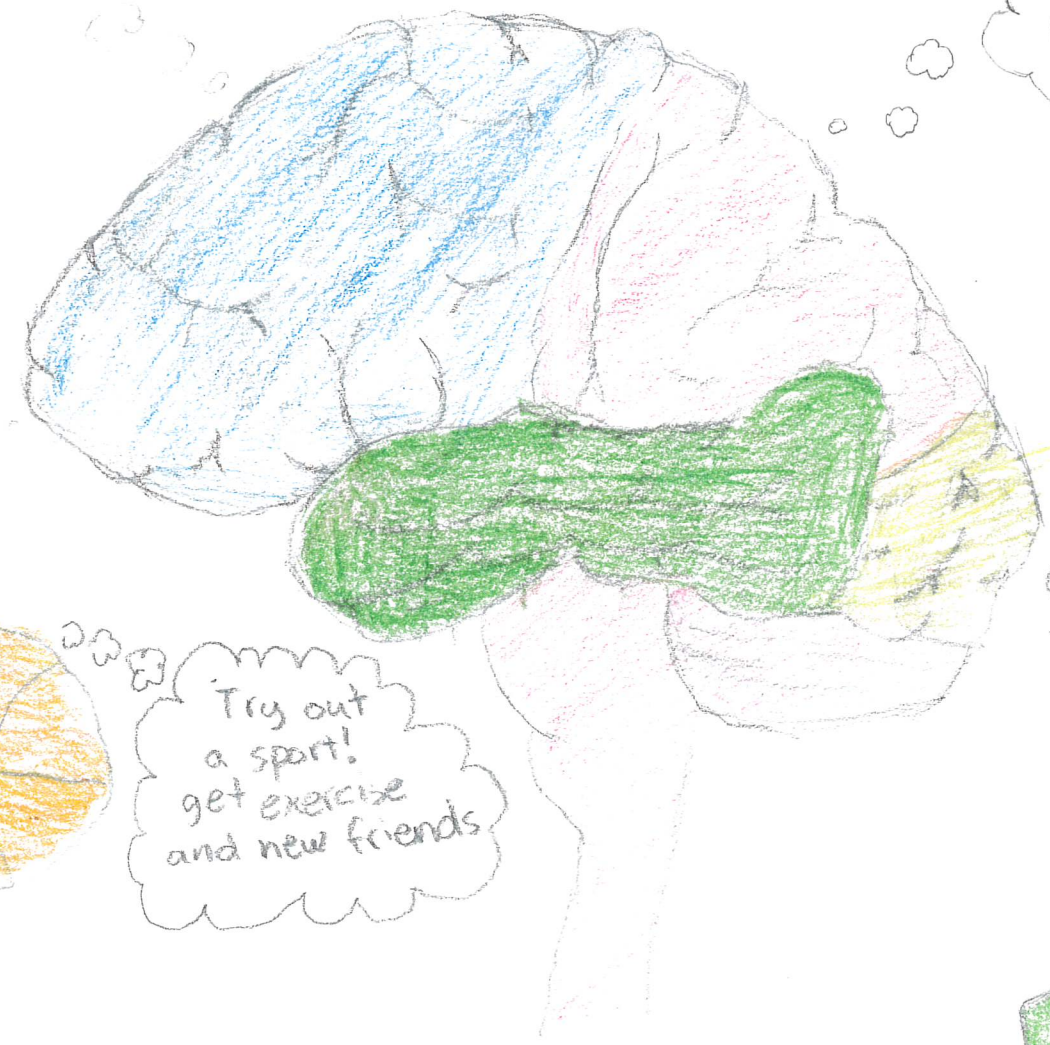
Fotball match.

HELP YOUR BRAIN!

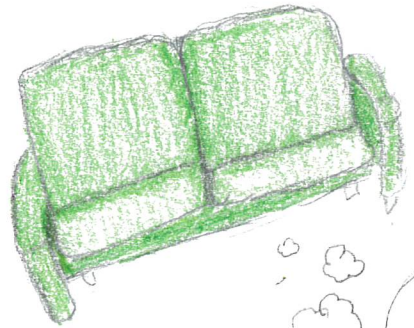
A lot of teens use their phones alot. This can lead to them not getting enough exercise

Pros

Cons



Spend less time on Social media



insted of a car ride a bike!

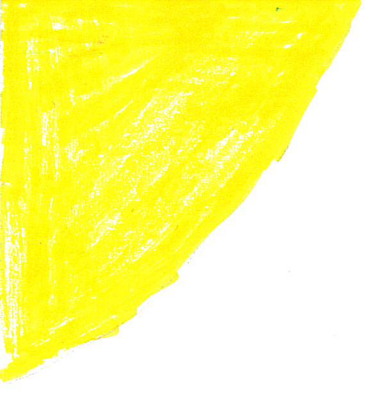
bike is better for the environment

Try out a sport! get exercise and new friends

Working out helps the mind and the body!

Avoid sitting still for too long during the day.

TODAY MOST TEENAGER SPEND TO MUCH TIME ON SOCIAL MEDIA. TO HELP THE BRAIN WORK BETTER YOU NEED TO TAKE BREAKS AND GO OUTSIDE. HERE ARE SOME PROS AND CONS ABOUT WHAT TO DO AND WHAT NOT TO DO.



SCREEN

