**GOAL 3 – Good health and well-being** 

1. Go to the website: <https://www.un.org/sustainabledevelopment/health/> and answer the following questions:

Why It Matters:

1. Why is this goal important?
2. What can people do as individuals to help achieve this goal?

Facts and Figures:

1. Which of the facts do you find the most surprising/ shocking /alarming? Why?

Goal 3 targets

1. Which of the targets do you consider the most important ones for your country? Choose 3 and justify your choice.
2. **PHYSICAL ACTIVITY**
3. Watch the [video](https://www.youtube.com/watch?v=vG_ZKgE1N6Y) and answer the following questions:
4. What is ‘plogging’?
5. What is the origin of the word?
6. Why is plogging a good fitness choice?
7. Watch [video 2](https://www.youtube.com/watch?v=MVkWztUa5pY) to answer the questions below:
8. What are ‘planks’?
9. What are the 5 reasons for doing planks every day?
10. Watch the [TED talk](https://www.youtube.com/watch?v=37UhELFvPec) and answer the following questions:
11. What are the benefits of physical activity?
12. What has his father changed in his lifestyle? What was the result?
13. How can exercise improve your mental health?
14. Watch [video 3](https://www.youtube.com/watch?v=n_bxmxzgtL0) to answer the questions:
15. What are the benefits of aquatic exercise?
16. Watch [video 4](https://www.youtube.com/watch?v=jkCNp0HfxLQ) and answer the question:
17. What are the benefits of Zumba?
18. **MENTAL ACTIVITY**
19. Watch the [video](https://www.youtube.com/watch?v=DxIDKZHW3-E) and answer the questions below:
20. What is mental health connected with?
21. What advice was Sasha given? Did it help?
22. What advice was given to Andre?
23. Go to the following [website](https://bebrainfit.com/brain-exercises/). Study the brain exercises. Choose 3 you consider the best ones and justify your opinion.
24. Read the [article](https://healthengine.com.au/info/effects-of-mental-activity-on-health). Answer the following questions:
25. What is mental activity? What other name is mentioned in the article?
26. Why is mental stimulation important for children?
27. **HEALTHY DIET**
28. Study [the healthy eating pyramid](https://www.hsph.harvard.edu/nutritionsource/healthy-eating-pyramid/). Do you stick to it in your life?
29. How is your daily plate similar to the [healthy eating plate](https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/)?
30. **STRESS**
31. Read the [article](https://www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm) and answer the questions:
32. Is stress always a bad thing?
33. What is stress?
34. What are the effects of chronic stress?
35. What are health problems caused by stress?
36. What are the symptoms of stress overload?
37. What are the common external and internal causes of stress?
38. How can you handle stress?
39. What is stressful for you?
40. How do you deal with stressful situations?
41. Watch the [video](https://www.youtube.com/watch?v=RcGyVTAoXEU) and answer the questions:
42. How is oxytocin related to stress?