

- Stay hydrated
- Eat your fruits and vegetables
- **Exercise daily**
- Wash your hands before and after you do activities (e.g. eating, using the restroom, playing outside)
- Keep your hands to yourself



ABOUT US





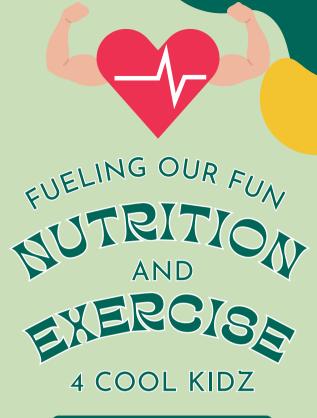




We are Elementary Education majors from the University of Guam who are part of the Spring 2024 Physical Education and Health Methods class and we hope you enjoyed our activities in celebration of our 56th Charter Day! BIBA

EDUCATION!

ö	Abalde, Kali	Meel
ontributore	Afaisen, Kiyoko	Muro
2	Baleto, Mariah	Mur
2	Bengco, Gabrielle	Pobl
븯	Boria, Mariel	Reye
H.	Buccat. Zei'ah	Rolir
C	Camba, Anne	Sabl
		San I
O	Claros, Rozanna	Spar
12	Constantino, Cayla-Jayden	Taita
ç	Diaz, Joweda Ann	Tana
ň	Loyola, Johara Ann	Taiti
ĝ	Madlangbayan, Jocelyn	Tove
ö	Mangune, Nathan	Unpi



University of Guam School of Education Charter Day March 7, 2024

WHY IS EXERCISE IMPORTANT?

Promotes healthy heart and

lungs

- Encourages better sleep patterns
- Builds stronger bones and muscles
- Improves mental and physical focus



HOW TO MAINTAIN YOUR



- Regular physical activity
- Eating a well balanced diet
- Managing stress
- No smoking or vaping



WHY IS NUTRITION IMPORTANT?

- Strengthens bones
- Supports brain development and healthy growth
 - Keeps skin, teeth, and eyes healthy
- Boosts immunity to prevent us from sicknesses

