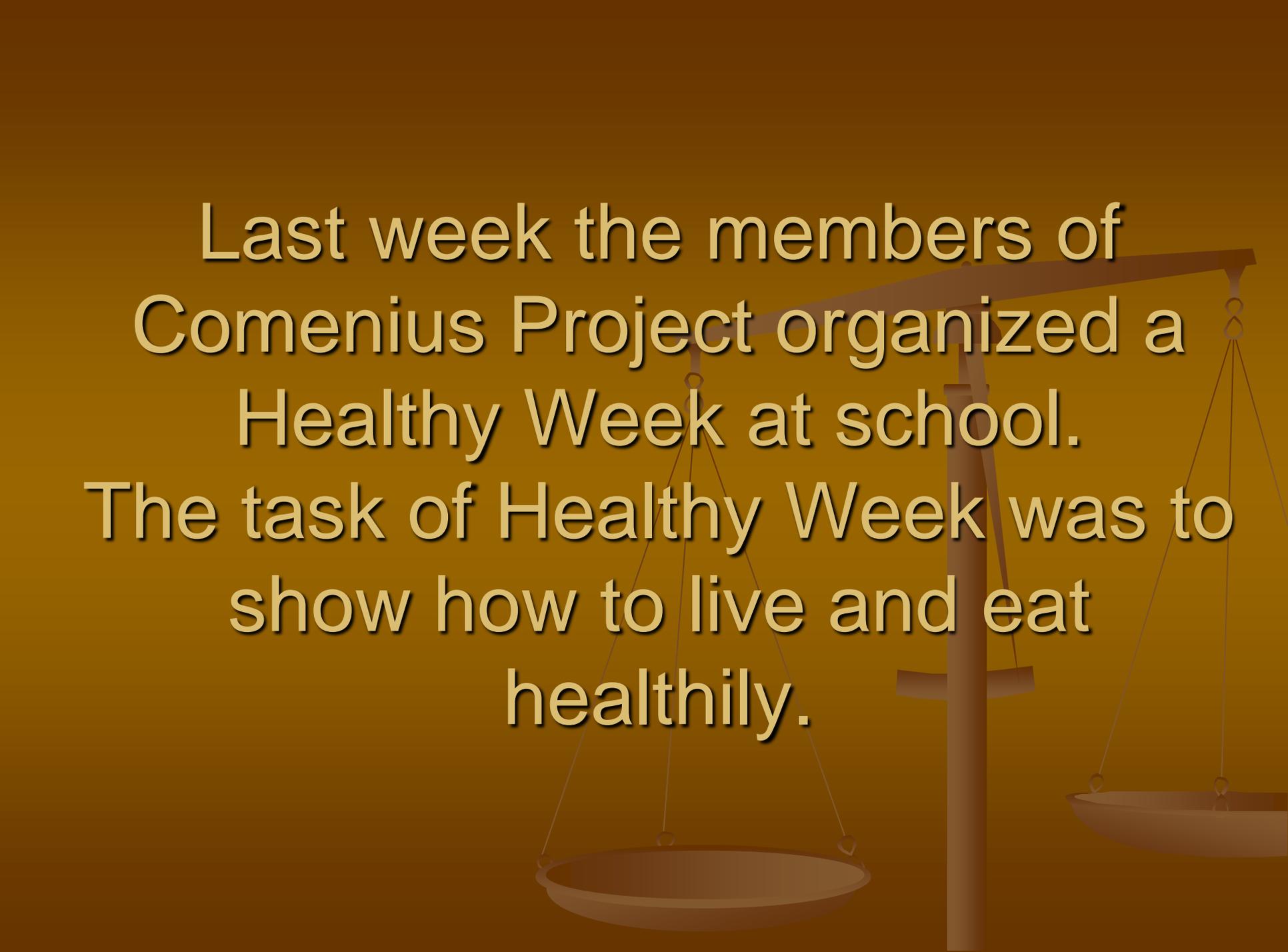
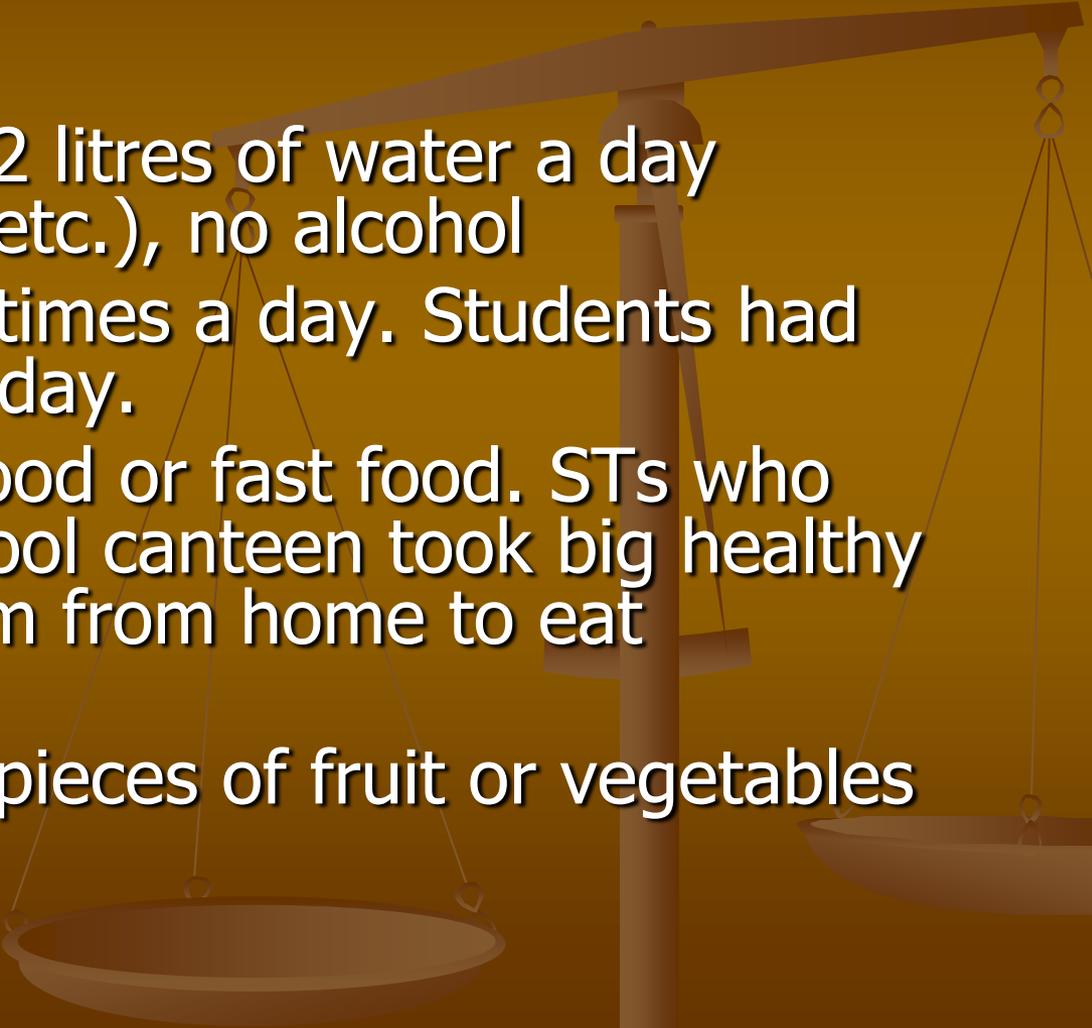


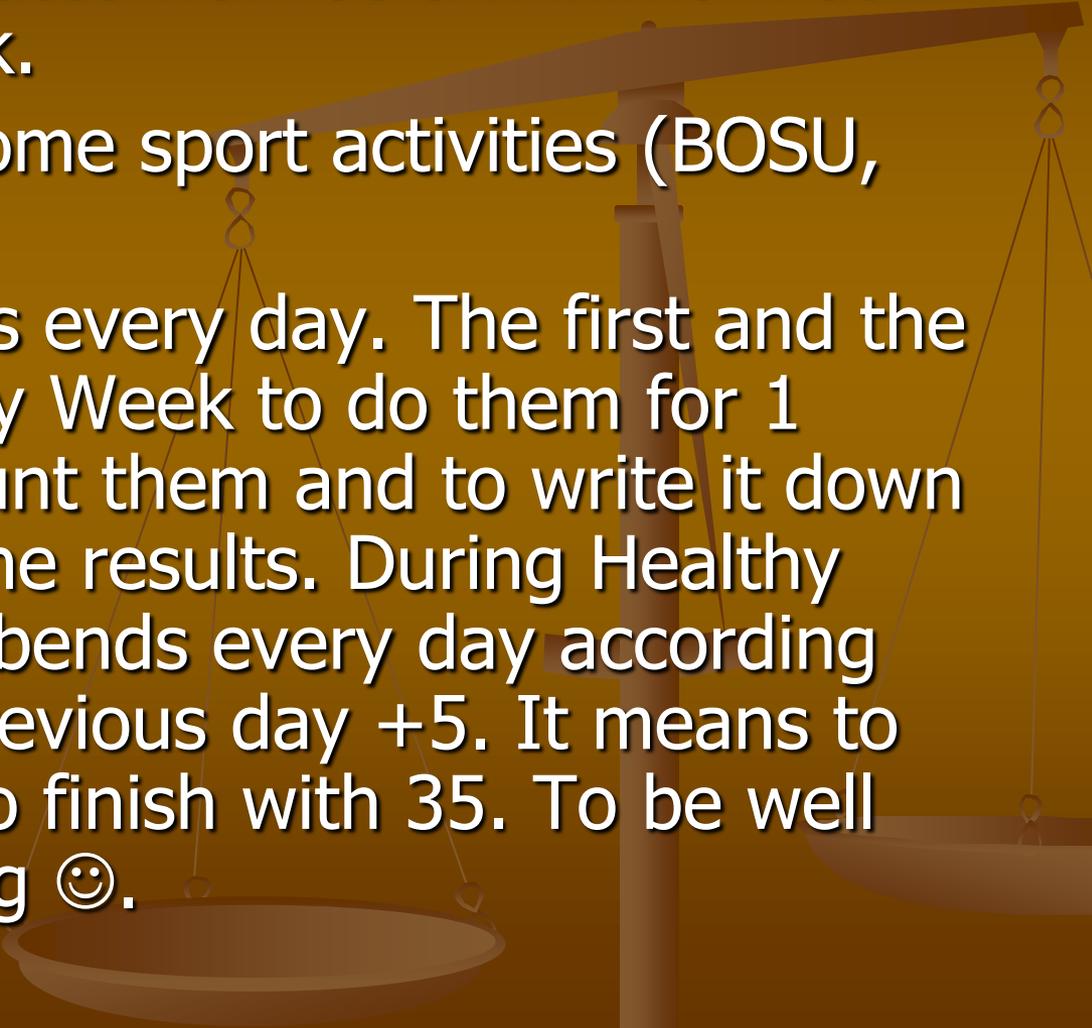
Healthy Week
at
Obchodní akademie
Dr. Edvarda Beneše
Slaný

A faint, stylized illustration of a balance scale is visible in the background. The scale is tilted, with the right pan being lower than the left pan. The background is a solid, dark brown color.

Last week the members of Comenius Project organized a Healthy Week at school. The task of Healthy Week was to show how to live and eat healthily.

We had Healthy Week from 16th to 22nd February. We decided to follow this scheme.

- 1) To drink at least 2 litres of water a day (including soup etc.), no alcohol
 - 2) To eat at least 5 times a day. Students had breakfast every day.
 - 3) Not to eat junk food or fast food. STs who don't go to school canteen took big healthy snacks with them from home to eat regularly.
 - 4) To eat at least 5 pieces of fruit or vegetables a day.
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- 5) To sleep at least 8 hours a day, while went to bed at 22:00 at the latest.
 - 6) To go for 20 minutes walk as a minimum at least twice a week.
 - 7) To take part in some sport activities (BOSU, gym balls)
 - 8) To do knee bends every day. The first and the last day of Healthy Week to do them for 1 minute and to count them and to write it down and to compare the results. During Healthy Week to do knee bends every day according to the formula: previous day +5. It means to start with 5 and to finish with 35. To be well prepared for skiing 😊.

9) Every day to do something that makes other people happy, e.g. To write a pleasant e-mail to our friend, help parents etc.

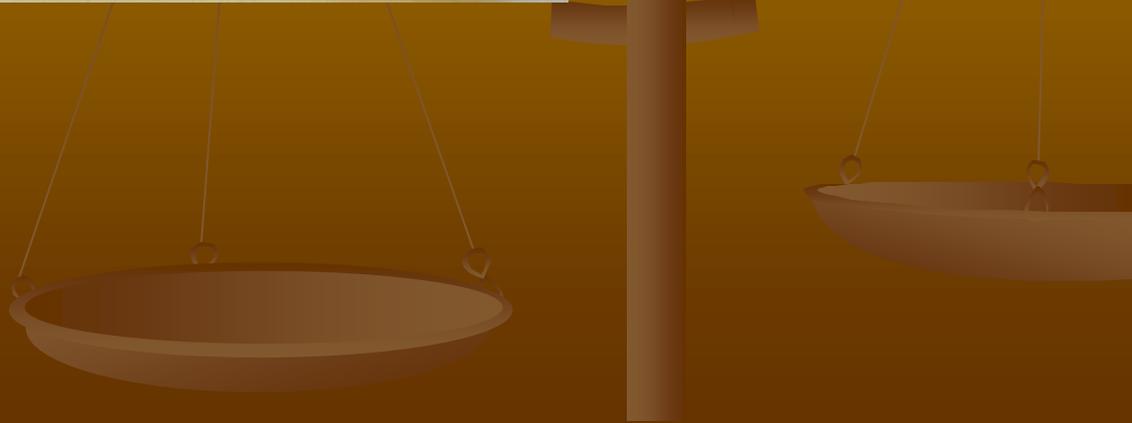
We would like to share some photos of our Healthy Week 😊



BOSU



BIG BALLS



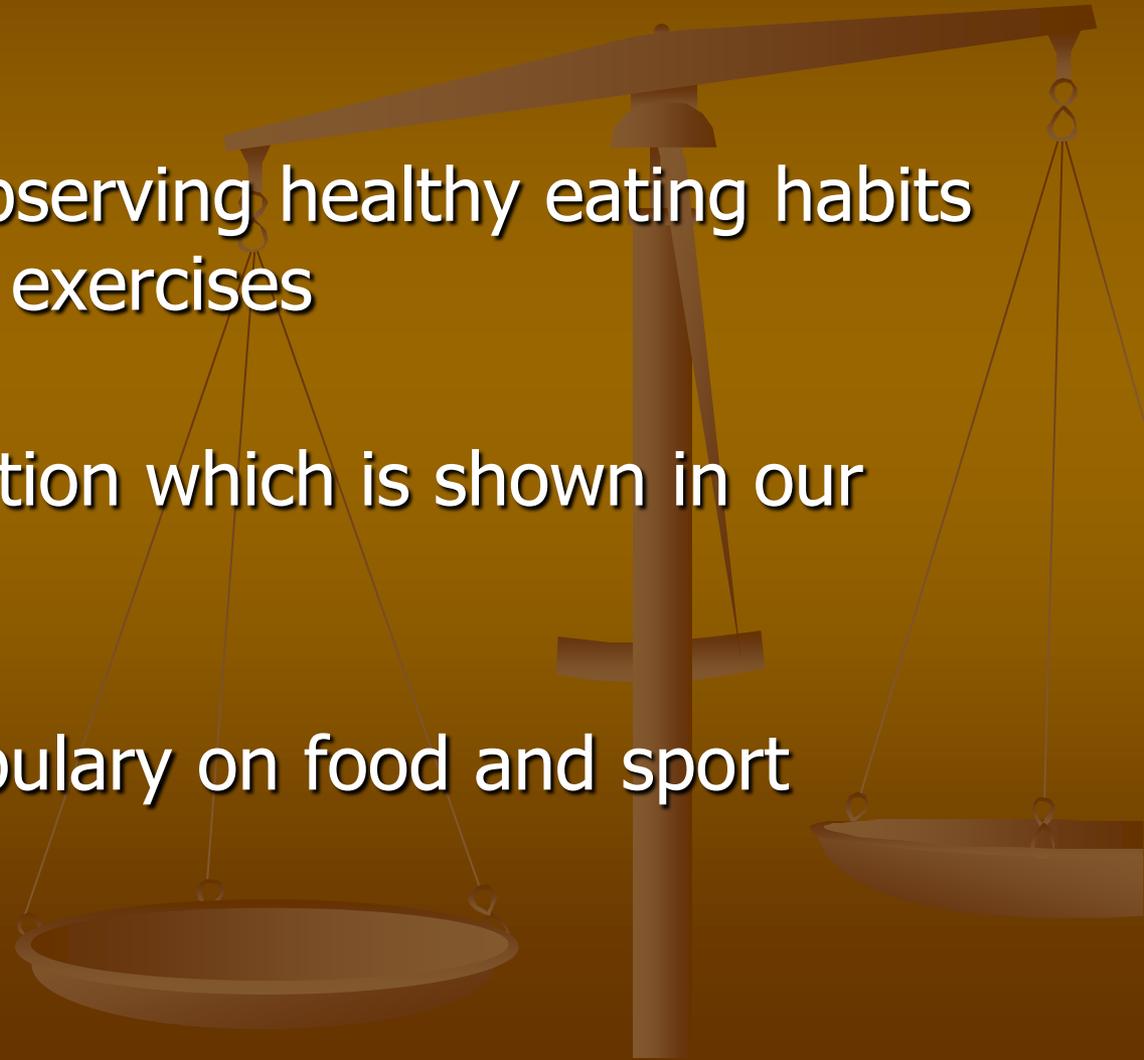
KNEE BENDS



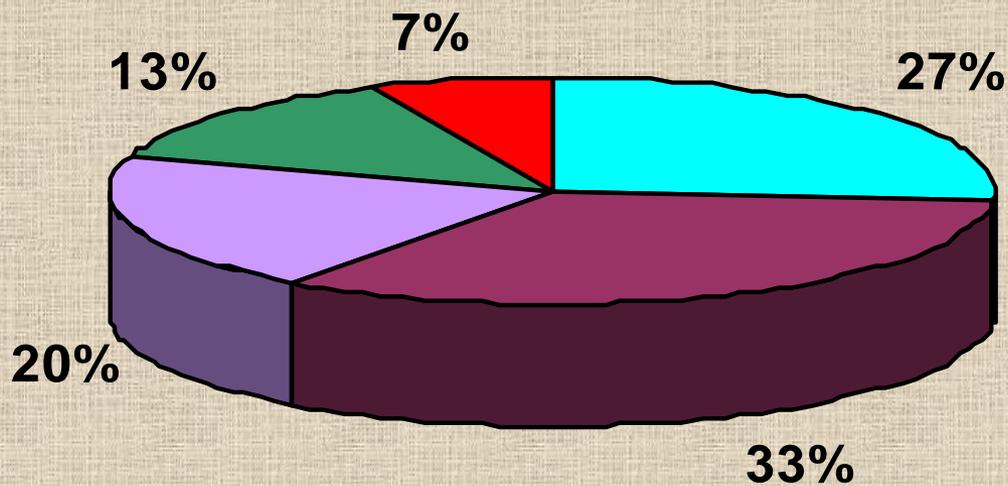
Results of Healthy Week at Obchodní akademie Dr. Edvarda Beneše

We have improved:

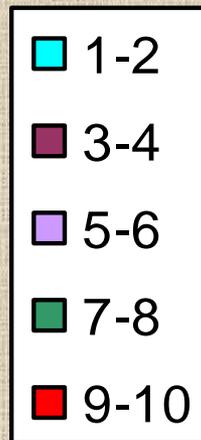
- our lifestyle by observing healthy eating habits and doing regular exercises
- our physical condition which is shown in our graph
- our English vocabulary on food and sport



Improvement in students' performance



Increasing the number of kneebends per a minute



PowerPoint Presentation by:

Bára, Klára, Katka, Marty, Bára, Lucka, Denisa, Pavla,
Bára, Kristýna

