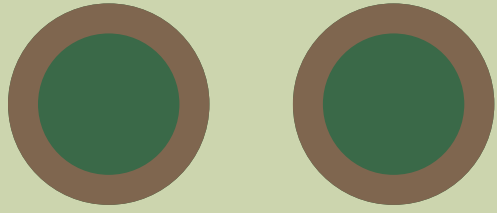




Be Energetic



Sport

Sport is not just a physical activity, it's a way of life. By practicing a regular sporting activity, you strengthen your body, improve your endurance and cardiovascular health, while releasing endorphins that promote a feeling of well-being. You don't have to become a top athlete, but finding an activity you enjoy and practicing it regularly can do wonders for your physical and mental health.

Nutrition

A healthy, balanced diet is essential to nourish your body and mind. Opt for nutrient-rich foods and avoid processed foods rich in added sugars. Learn to listen to your body and recognize hunger and satiety signals. Hydration is also crucial, so make sure you drink enough water throughout the day.

Good health

Remember that balance is the key to a healthy lifestyle. Find a balance between work, rest and leisure. Make time for yourself and the things you love. Listen to your body and respect its needs.

Mental health

Taking care of your mental health is just as important as taking care of your physical health. Find stress management techniques that work for you, whether it's meditation, yoga, deep breathing or simply spending time with friends and loved ones. Don't be afraid to ask for help if you need it. Talking to a mental health professional can be extremely beneficial in overcoming life's challenges and difficulties.

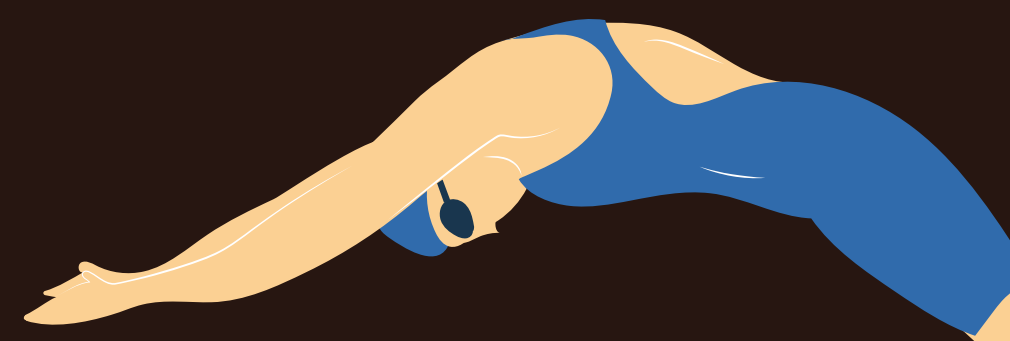
Improved physical health

Regular sport helps maintain a healthy weight, strengthens the cardiovascular system, improves bone and muscle health, and reduces the risk of developing chronic diseases such as type 2 diabetes, heart disease and obesity.



Mental health

Sport releases endorphins, the happy hormones that reduce stress, anxiety and depression. It also improves sleep quality, self-esteem and self-confidence.



5 REASONS TO DO SPORT

Gestion

By practicing a sport, you learn to plan and manage your time effectively, which can help you in your studies and career.



Prevention

Adolescents who participate in sports are less likely to engage in risky behaviors such as drug use, alcoholism or juvenile delinquency.

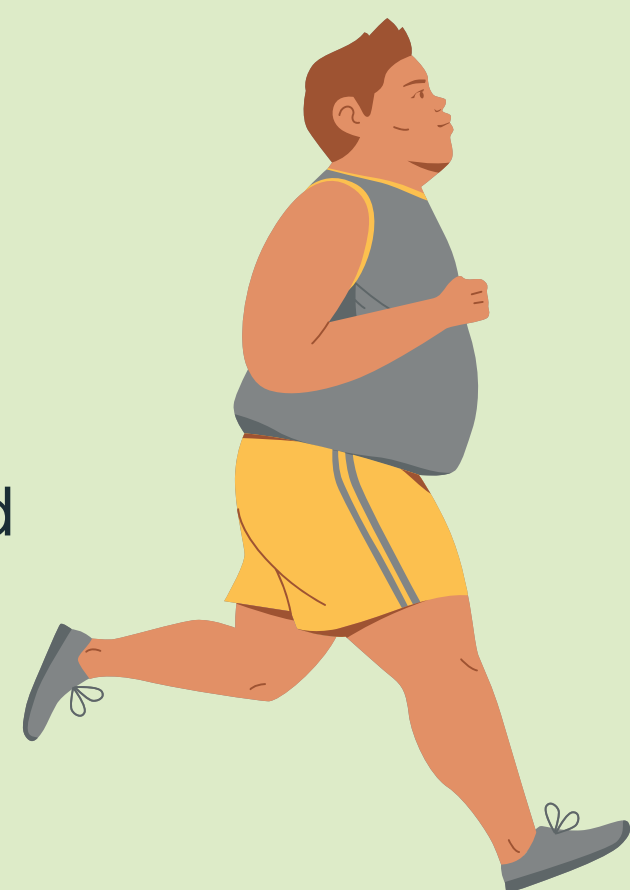


Cohesion and mutual support

The practice of sports encourages teamwork, communication, respect for rules and emotional management - skills that are essential in everyday life, both professionally and personally.



Sport encourages young people to adopt an active lifestyle and reduce screen time. This can help prevent childhood obesity and the health problems associated with a sedentary lifestyle.



NUTRITION

By Be Energetic

PROTEIN

They are made up of amino acids and are essential for growth, tissue repair and muscle building.



CARBOHYDRATES

They are our body's main source of energy. They provide fuel for physical and mental activity.



LIPIDS

Also known as fats, they are a concentrated source of energy. Lipids are important for cell health, hormone regulation and the absorption of certain vitamins.



FIBERS

Dietary fiber is important for digestive health, weight control, blood sugar regulation and disease prevention.



VITAMINS

These are organic compounds needed in small quantities for various bodily functions, such as growth, bone health, vision and the immune system.



WATER


Although not strictly speaking a nutrient, water is essential to life. It is necessary for hydration, nutrient transport, waste elimination and body temperature regulation.



MINERALS

These inorganic elements are essential for many bodily functions, such as bone formation, regulation of body fluids and transmission of nerve impulses.





GO

OOD

HEALTH

01



Engage in a physical activity you enjoy. Try to exercise regularly.

03



Regular hydration is essential for maintaining a healthy body and a clear mind.

By taking care of your hydration, you can promote your general well-being and maximize your health potential.

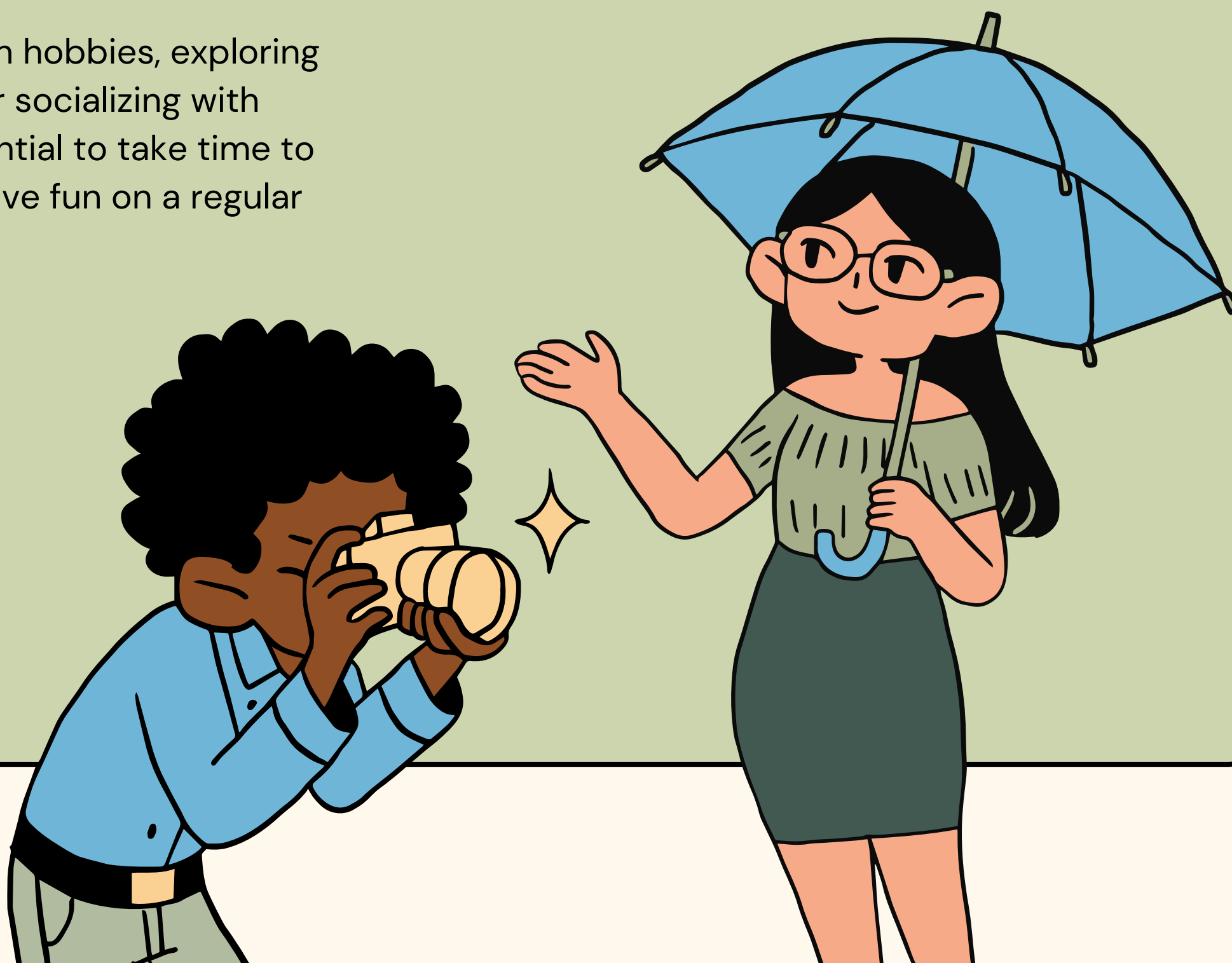
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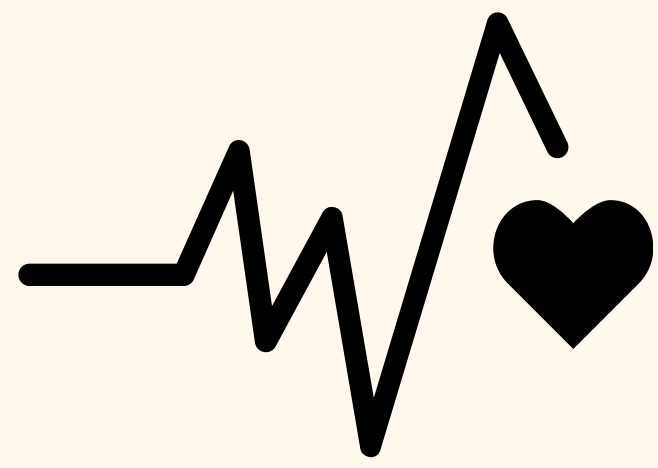
Make sure you get enough sleep every night. Establish a regular sleep routine by going to bed and getting up at the same time every day.



04

Whether through hobbies, exploring new pastimes or socializing with friends, it's essential to take time to enjoy life and have fun on a regular basis.





The importance of mental health

Be Energetic



01

Mental health is an essential pillar of overall well-being. It influences the way we think, feel and act on a daily basis.

Good mental health promotes emotional balance, resilience in the face of stress and the ability to adapt to life's challenges.



02

Mental health is inextricably linked to quality of life. It influences our personal satisfaction, our sense of accomplishment and our sense of well-being.

our ability to enjoy life to the full. By taking care of our mental health, we improve our overall well-being and increase our ability to live a fulfilling and rewarding life.



Mental health is a determining factor in academic, professional and personal performance. It impacts our

03

ability to concentrate, memorize and solve problems. Good mental health promotes productivity, creativity and informed decision-making, all of which contribute to our success in various areas of life.



04

Mental health affects our relationships with others. It influences our ability to communicate effectively, to build empathetic relationships and to

maintain healthy relationships. Good mental health fosters positive, enriching interactions with loved ones, friends and colleagues.

Be Energetic