When I go out to eat at restaurants, or order take away, I will choose healthier options such as grilled foods instead of fried foods. I will also choose water or fresh unsweetened fruit juices for my drinks.

During family gatherings and special events, I will eat less desserts and fatty foods such as majboos, harees, madrooba or chicken nuggets.

Before going to school, I will eat my breakfast and at break time I will choose a healthy snack such as an apple or a banana.

I will spend at least 1 hour per day on fun physical activities. I will play exciting sports that I enjoy such as football, basketball, volleyball or swimming.

I will avoid buying unhealthy drinks like karak, milkshakes, frappuccino & energy drinks.

I will walk for at least 30 minutes per day.

How can I keep a healthy weight and protect myself from bad diseases?

I will not spend more than 2 hours per day watching TV, using iPad or playing video games.