

### **Four ways to stay fresh faced**

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Eat good, feel good.

Having a balanced diet with enough fruit and veg will give you plenty of energy and help you to look and feel great inside and out.

Snack less, do more.

Eating lots of sugar and snacks isn't doing any good for your health. By eating three good meals a day, you should stay full and have plenty of energy.

Hydrate yourself.

It's important to drink plenty throughout the day but try to limit sugary drinks or caffeine. Around six to eight glasses of water should do the trick.

Go outdoors.

A bit of fresh air and your daily dose of sunshine can work wonders. Time away from screens can improve your mood and give your eyes a break.