



TCS/GEN/126/2022-23

Date: 16-11-2022

**CIRCULAR**

VALUE OF THE MONTH: UNITY IN DIVERSITY التتوع في الوحدة

SUBJECT: NATURAL WAYS TO BE HEALTHY

Dear Parent,  
Greetings from the Central School Dubai!

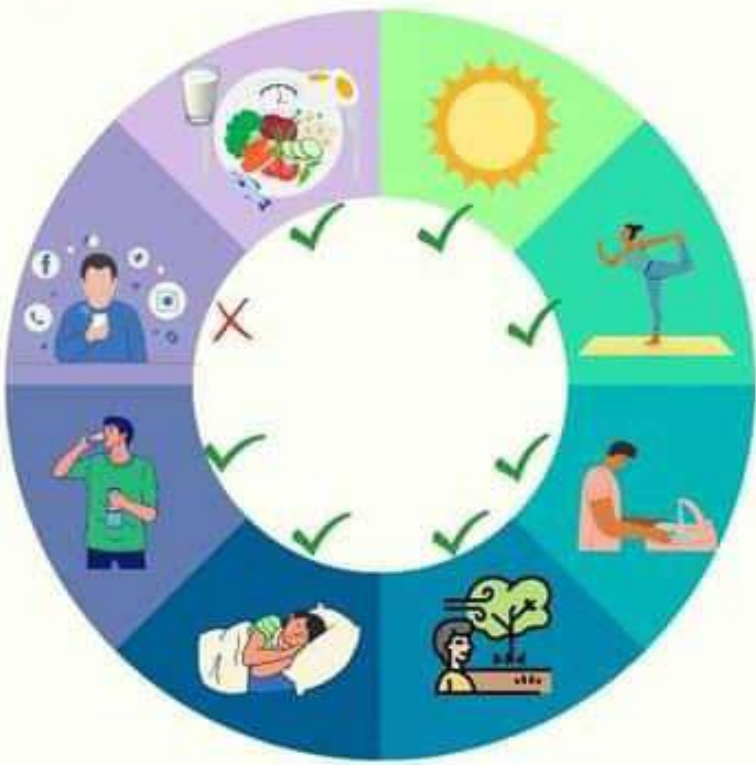
**#WAKEUPWEDNESDAY**

Please refer to the enclosed tips that will help you to figure out what you should do actually to optimize your health.

Regards,

**Syed Ali Haider Rizvi**  
PRINCIPAL

# Eight Natural Ways to be Healthy



- Diet**  
Nutritious Food
- Sunshine**  
Vitamin D
- Excercise**  
to be fit and healthy
- Personal Hygiene**  
Hygiene, sanitation and food safety are the keys
- Air**  
breath fresh air
- Rest**  
Sleep for 8 hours daily
- Water**  
Stay hydrated
- Less screen time**  
Don't exceed 2-3 hours a day