

Culture and Wellbeing: Diamond 9 Activity

Kimberley Evans with the Japan Society (2020)



**Exercise
for 30 minutes
every day**



**Walk, scoot or
bike to school**



Drink water



**Eat lots of fruit
and vegetables**



Brush your teeth



**Choose
brown bread
instead of white**



Get enough sleep



**Drink smoothies
and milkshakes**



**Spend less time
looking at screens
and social media**



**Keep sweet
things as a treat**