

## **APPENDIX 22 Be Nourished, Romania**

### WHAT MEANS A HEALTHY PERSON

Read the following list and choose the 6 statements you consider to be the most important qualities needed for a person to be healthy.

A healthy person:

1. He is never sick
2. He can run after the bus without breathing his breath
3. He gets his life easier without getting upset
4. He makes friends easily
5. He has access to good health services
6. He has a cozy home
7. He makes regular exercises
8. He is everyone who has reached 75 years
9. He avoid smoking and drugs
10. He lives in a clean environment
11. He can cope with any disability he would have (eg deafness, being in a wheelchair)
12. He can gets out of any situation
13. He feels good all the time
14. He avoid food with too many food additives
15. He never seems depressed
16. He has a beautiful figure
17. He does not take medication
18. He is careful with his own hygiene
19. He takes care to make all the necessary vaccinations
20. He has a good image of himself
21. He has a faith that helps him alive
22. He eats regular and not snacks
23. He is unlikely to visit a doctor
24. He has a very beautiful skin