



PG IDROTT & HÄLSA



Hur bra vill jag må?





Örnsköldsvik



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www.pgidrott.se



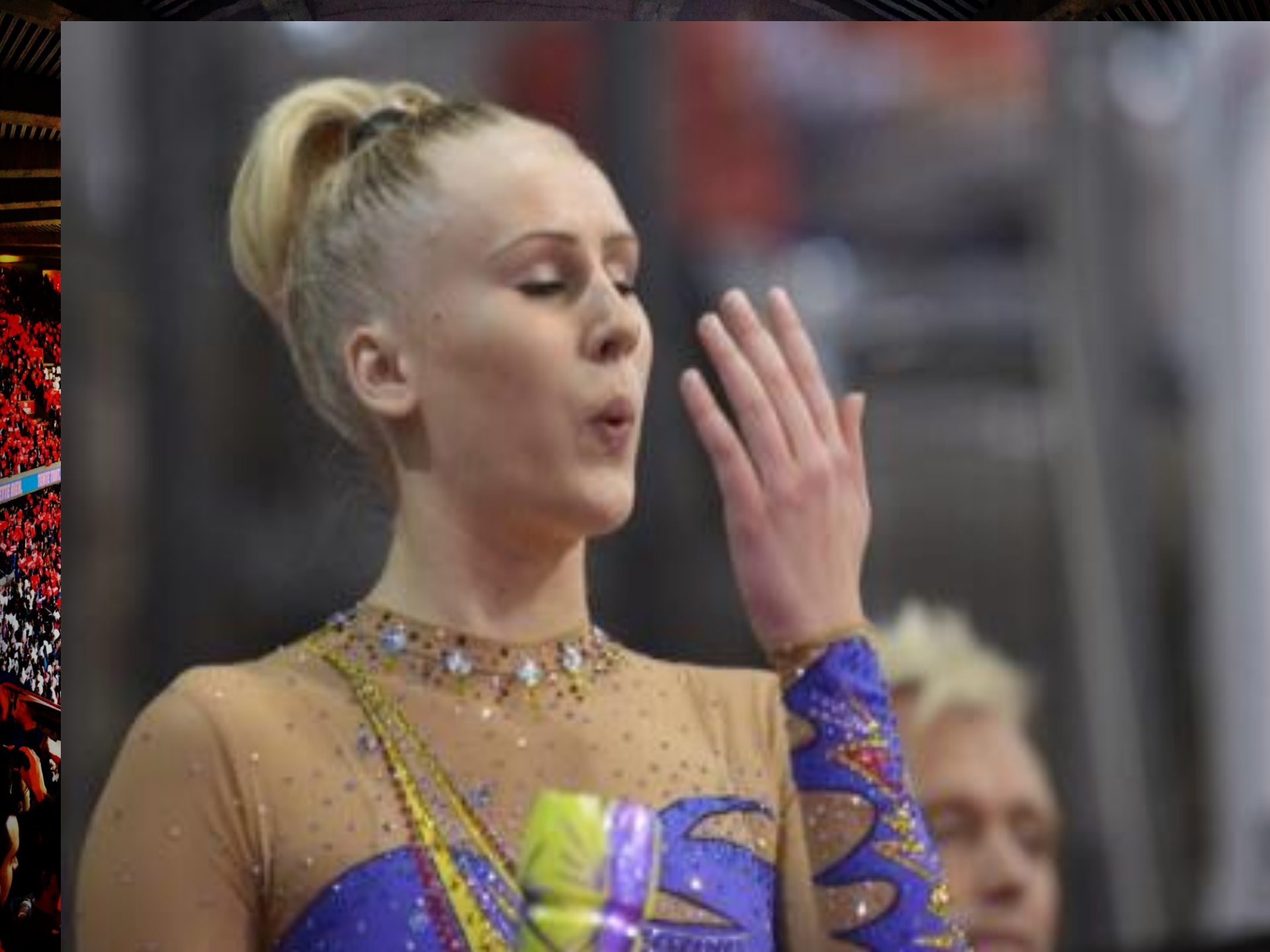
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UEFA

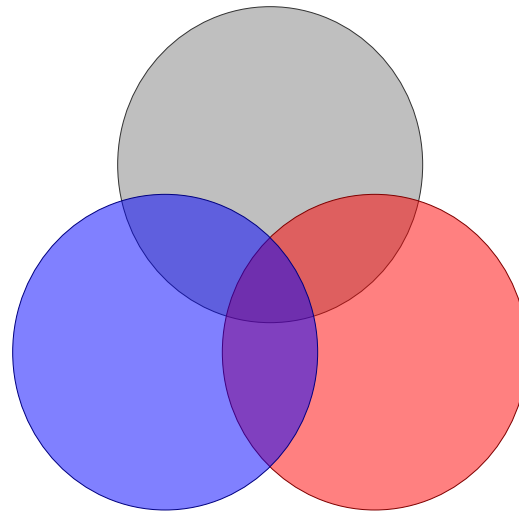
CHAMPIONS
LEAGUE



KINGS OF EUROPE
LIVERPOOL

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Hälsa



Träning

Älska



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Träna

Hitta den träningsform som är rolig

Är träningen allsidig för kroppen ?

Komplettera med egenträning

Det ska vara lätt att träna

Enkelt träningsprogram



Enkelt träningsprogram



Rätt väg 8

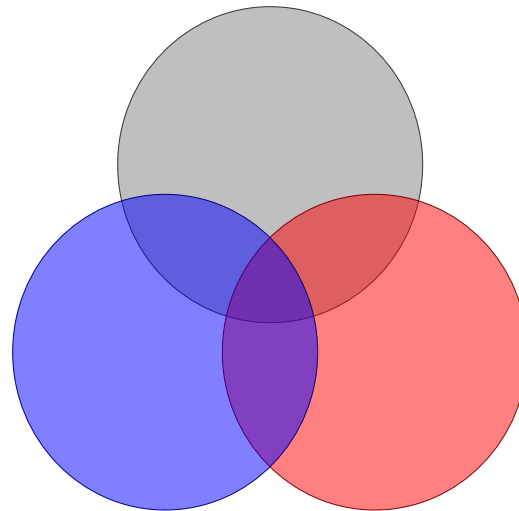
Fallgrop 5





SUCCESS

Hälsa



Träning

Älska



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- 
- ❖ **Kolhydrater, Protein, Fett**
 - ❖ **Frukost**
 - ❖ **Lunch**
 - ❖ **Middag**
 - ❖ **2 st Mellanmål**
 - ❖ **Träning = kvällsmål**
 - ❖ **Efter träning: 5 min – 1 timme**
 - ❖ **Vitaminer / Mineraler**
 - ❖ **BANTA EJ !!!**



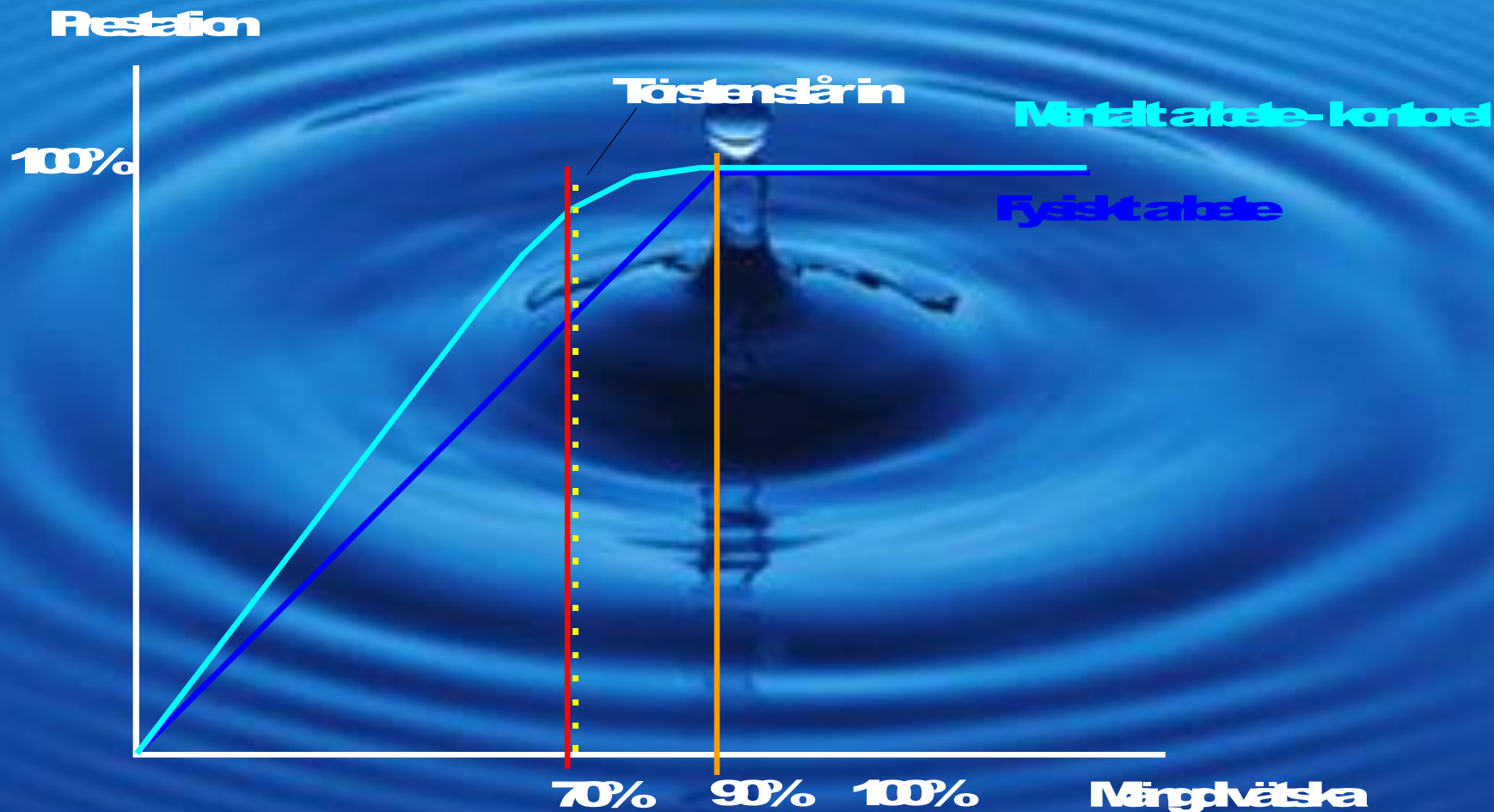
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Vatten

Normalt behov 2-3 liter/dag.
1 liter via maten





Ryggvila

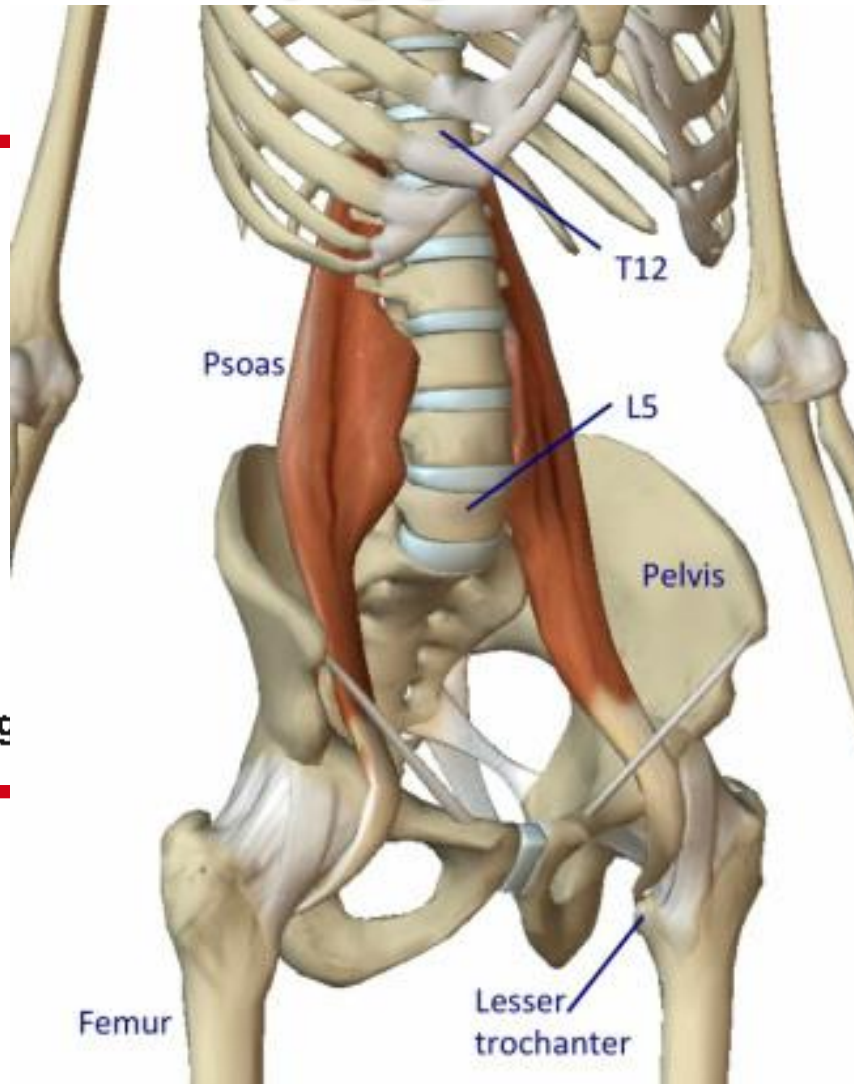


Fig. Ryg



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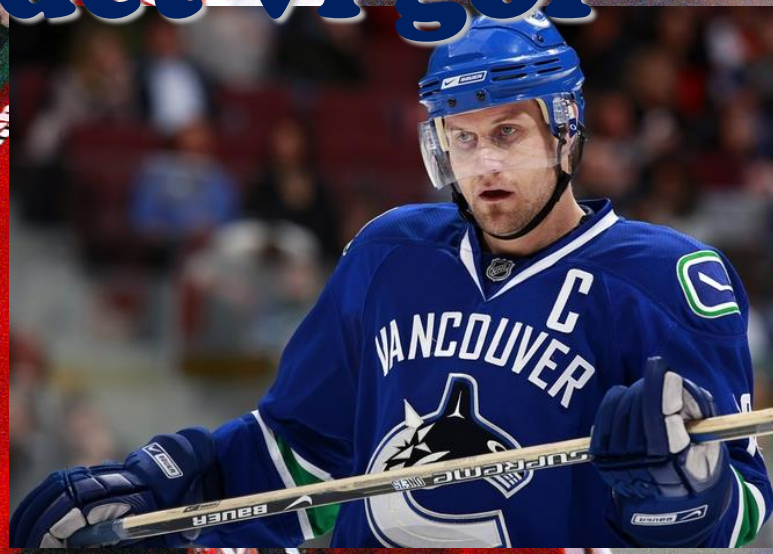
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A silhouette of a person sitting on the ground in a yoga pose, with their hands raised above their head in a prayer position. The person is facing away from the camera, looking towards a bright sunset or sunrise over a body of water. The sky is a gradient of blue and yellow, and the water is dark. The text "Skapa en bild av ditt liv" is overlaid in the center of the image.

Skapa en bild av ditt liv

Inställning till det vi gör



Gör något för någon annan





Respektera andras åsikter

A group of ice hockey players in white jerseys with blue accents are celebrating on the ice. The player in the foreground is wearing a jersey with a cartoon character and the word 'ICEBREAKERS'. Other players in the background have jerseys with the number '91' and the name 'PÄÄRJÄ'. The text 'Gläds tillsammans' is overlaid in the center.

Gläds tillsammans



Njut av det du gör – Eller gör något annat



A man with short, spiky blonde hair and sunglasses is seen from behind, sitting on a beach covered in smooth, dark pebbles. He has a large, dark, tribal-style tattoo on his left shoulder and upper back. He is wearing black swim trunks with white lettering. The ocean is a vibrant blue with gentle waves lapping at the shore. In the distance, a hazy coastline with mountains is visible under a clear sky. The text "Hur bra vill jag må – börjar idag" is overlaid in a bright pink, bold font across the middle of the image.

Hur bra vill jag må – börjar idag

Tack för Er uppmärksamhet



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