

# Benefits of Healthy Habits

By Berk ÖZEL and Çağan USLU

We talked with İNO Coaches ÇEVİK and ESEPAŞA about how we can have a more healthy lifestyle. They talked about 3 important things: healthy food, sleep and exercise.

At every meal, we need to eat carbohydrates, protein and fat. In particular, walnuts, hazelnuts and almonds are a good source of healthy omega fats. It is also important to eat a balanced diet with a lot of vegetables and to get minerals and vitamins in our food. It is best not to eat many packaged foods.

For healthy development, sleep is one of the most important things. For children, it is

important to get between 8-10 hours of sleep each night, and to grow you need to go to bed by 10:30 at the latest to get the most benefit from growth hormone production.

Coach ÇEVİK emphasized the importance of exercise for everyone. Even non-athletes should be active, for example walking for 50 minutes a day. It is good for everyone to do a sport, but which sport depends on your goals. Athletes need a routine for fitness and it is important to work with a good trainer to avoid injury. One of the most important things is to always warm up before sports and cool down after sports because it helps prevent injury.



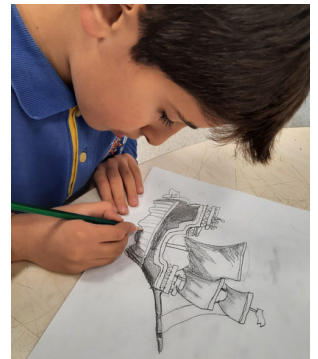
İNO-Barstow Basketball Team with Coach Çevik. The team has an important game coming up this Saturday, and we wish them luck and success!



4th grader Efe DUYAR completes his pencil and watercolor painting.



Kindergartener Ela SARICA shows off her colorful 3D portrait.



3rd grader Ömer Çağan YILMAZ works on a ship drawing with pencil.

# Turkish Artist Can Göknil on Exhibit at Şişli Gallery

By Beren TOSUN

Bozlu Art Project is a new exhibit space in İstanbul for showing art by Turkish artists. Turkish artist and writer Can Göknil has an art show titled "Song Thrush" at the Şişli location, from March 5 to April 20, 2024.

Can Göknil's paintings use her imagination to bring together things from real life in an unrealistic way. Some things like people, clouds, boats, musical

instruments, and animals are found in her paintings a lot. This makes her paintings dreamlike.

When you look at her paintings at first they seem realistic, but when you look carefully they are like a dream. Looking at her paintings can make you feel peaceful. If I could meet the artist, I would want to ask her about why she uses clouds in most of her pictures. I encourage you to learn more about this artist too.



A painting in the exhibit "Song Thrush" by Can Göknil.