



PHYSICAL HEALTH AND FITNESS

Understand the benefits of an active lifestyle and healthy diet.



If you look after yourself, you can feel great!

How active are you?

Being active is very important for everyone. Anything that makes you move your body keeps you active. Do you already take part in any exercise out of school?

THE BENEFITS OF EXERCISE

You need to get plenty of air into your lungs when you are exercising. The lungs breathe in air and put the oxygen from the air into your blood. They breathe out carbon dioxide. Exercising builds up your lungs' ability to do this well. Hardworking muscles use more oxygen. That's why as your muscles work harder during exercise, breathing gets harder.

When you exercise your heart rate will increase. As the heart beats faster, it pumps more oxygen to the brain. Your heart rate gets faster so that it can pump more oxygen to your muscles too as they are using it up. You can check your pulse on your wrist or neck – it feels faster after exercise.

Being active makes your bones and muscles stronger.

Making sure you take some regular exercise is not only good for your physical health but also for your mental health and happiness. Movement helps people to concentrate better, exercise can also help to improve learning.

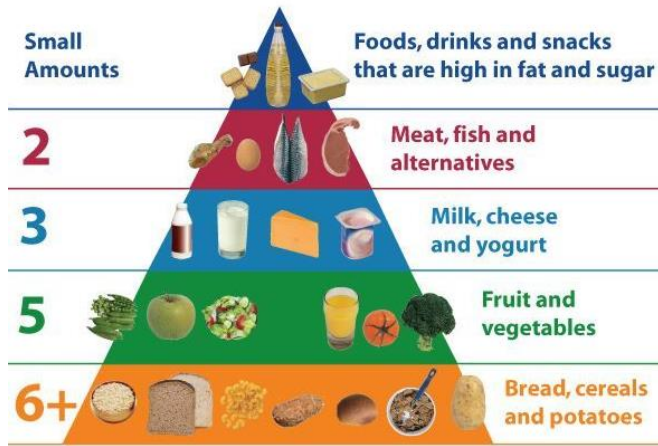
Many people feel more relaxed and positive after exercising. It can also help you to sleep better.

The World Health Organisation (WHO) says children aged 5 -17 should do 60 minutes of exercise each day. It is important for you to take some exercise every day. Any activity that increases your heart rate improves your fitness.



Healthy Eating

It is important to eat a balanced diet and drink plenty of fluids – the government recommends 6 to 8 cups or glasses a day. This could be water, lower-fat milks, lower-sugar or sugar-free drinks.



This is a food pyramid; it shows the 5 main food groups and how much of each food group we should eat. It is important to eat some fats and sugars each day as this gives the body the highest energy. Some types of fat help to keep a healthy heart, they also help the body to absorb (take in) some minerals.

We should try to eat 5 portions of fruit a day, this could include a fruit drink, fruit snack at playtime, raisins at lunchtime or maybe you like carrot sticks. Remember fruit juice and smoothies count towards your daily intake but do contain sugars so limit how much of these you have.

Try to include in meals potatoes, rice, pasta or other starchy carbohydrates. They make up just over a third of the food we eat. Choose higher fibre wholegrain varieties, such as wholemeal bread or pasta, brown rice or leave the skins on potatoes. These are higher in fibre than white bread and pasta. Starchy foods are a good source of energy.

Milk, cheese and yogurt are dairy products which are good sources of protein. They are also a source of calcium which helps to keep our bones healthy.

Include some beans, fish, eggs and meat as these foods are good sources of protein, vitamins and minerals. In place of meat, pulses, such as beans, peas and lentils are good because they are lower in fat and higher in fibre and protein. Protein is important for the growth and maintenance of the body's tissue, including recovery and repair of tissues in muscles, skin, organs, blood, hair and nails.

We can still eat and enjoy foods high in fat, salt and sugar less often but try to eat smaller amounts of these. This includes chocolate, cakes, biscuits, sugary drinks, butter and ice cream.

Find Out More...

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/ztsqfcw>

EXAMPLE QUESTIONS

1. When your muscles are working faster, they need...
2. List sources of protein which are not meat.
3. What happens to your heart rate when you are being active?
4. List the food groups.
5. Milk is an example of what food group?