

JUMP START THE DAY – COMMIT TO BE FIT!

Benefits of exercise:



- Makes you feel revitalised and good about yourself – **THE FEEL GOOD FACTOR!**
- Doing some form of physical exercise is known to release positive **endorphins** in your body.
- Strengthens bones and muscles
- Reduces the risk of illness
- Builds confidence
- Releases stress
- Great way to learn new skills
- Encourages you to meet new people
- Sense of achievement

And the best exercise of all to remain healthy – involves very little movement at all!

SLEEP!



MAKE A POSITIVE DIFFERENCE – GET UP AND GET FIT!

**GET FIT
DON'T
QUIT**



**CELEBRATE
YOUR BODY!**

It's important to **ensure** you take your **5 a day** - fabulous fruits and victorious vegetables!

REMEMBER: YOUR DIET SHOULD BE BALANCED

Department of Health guidelines:

- 1/3 of your diet should be carbohydrates: these include breads, pastas, rice and potatoes
- Another 1/3 should be fruit and vegetables
- Proteins and fibres which are found in meat, fish, beans and cereals
- Milk and dairy products – provides fats, proteins and calcium
- Fats and sugars – the body requires these but **ONLY** in small **quantities**



- **WATER IS VITAL – CHILDREN SHOULD DRINK 3 TO 4 GLASSES A DAY.** WHY? – Water keeps our body temperature controlled, flushes out waste materials and carries **nutrients** around our bodies.

What does 'a balanced diet' mean? (AF2)

Give an example of a food that has carbohydrates. (AF2)

Why is it important to include dairy products in your diet? (AF2)

Which food group should you only have in limited amounts? (AF3)

Do you think the image of the plate with the food groups is a good way to illustrate the point of a balanced diet? Explain your answer. (AF7)

Why does exercise give you the feel good factor? (AF3)

List three other ways in which exercise is beneficial. (AF2)

Why is water so important to our diet? (AF3)

"Seven days without exercise makes one weak" This is a play on words. Explain this. (AF5/AF6)

What should you have five of every day? (AF2)

Which literary technique is used here and why? "Fabulous fruits and victorious vegetables." (AF4)

What does the writer mean by the statement, "Celebrate your body"? (AF6)

What does the writer believe is the most important form of exercise of all to keep the body strong and healthy? (AF2)
