



Healthy Living: Physical Activity

To live well is to:

- *Eat well
- *Be active
- *Rest
- *Play

Improve the health of your body

Your heart, lungs, bones, and brain all benefit from being active

To get started:

Warm up

(a short walk)



Stretch

(legs, arms and back)



Keep hydrated

(drink water)



Walking
Rugby

Pilates

Football



Dancing

Yoga

Martial arts

Cycling

Aim for five days a week.

Do 30 minutes of exercise that makes you breathe faster and feel warmer.

Weights

Carrying shopping

Digging

Resistance bands

Climbing stairs

Gardening

Add muscle strengthening exercises

twice a week.



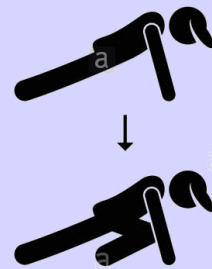
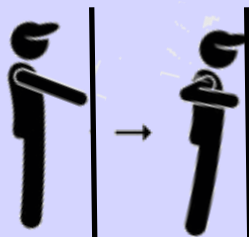
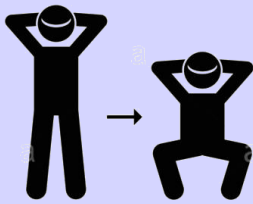
Set yourself manageable goals.



Start with easy steps, doing something you enjoy.

You could set yourself a goal of:

5 squats, 5 wall presses, + 5 mountain climbers



Increase your goal by **2 more per week** to build the challenge and a stronger body.

Try not to sit down for long periods of time

Aim to get up and walk around at least once an hour.

Remember to add relaxation time in to each week



Aim for 8 hours of good sleep per night



Enjoy being active!



Eat Well

Try to eat a variety of nutritious foods and remember to drink plenty of water

Be Active

Set yourself a goal to do at least 30 minutes of exercise on 5 days a week.

Rest

Aim to have relaxation time and 8 hours of good sleep a night

Play

Spend time doing things you enjoy. Maybe playing games, cooking, crafts or socialising.

These are all part of living well.

