

Be active for life

List other activities which count towards your 60 minutes per day.

1.

2.

3.

4.

5.

6.

My Activity Pledge

I _____ pledge to be more active by:



Signed: _____ Date: _____

CHECK!

- ☐ I can be active everyday.
- ☐ I know that activities can improve my health.
- ☐ I know that I need to do a range of different activities for health.
- ☐ I understand that I need to drink more when I am active.
- ☐ I know I need to eat well before and after exercise.

foodroute

a journey through food

Name: _____

Active lifestyles

Stay active!

Being active is just as important for your health as eating and drinking well. Being active is part of your lifestyle and is not just about being sporty. Food and drink choice around activity can affect your performance, and it is important to stay hydrated especially when you are active.

Think about ...

- how to be active everyday for at least 60 minutes
- how activities can improve health
- doing a range of different activities to be fit and healthy
- drinking plenty when you are active
- planning eating and drinking well around being active

change
4life
Eat well Move more Live longer

A Polaroid photograph of four young women in red soccer uniforms posing on a grassy field. One woman is kicking a soccer ball.

This image shows four blank, cream-colored pages from a book, arranged in two pairs. The pages are slightly aged and have a subtle texture. The left pair of pages is on the left, and the right pair is on the right, with a dark binding visible between them. The pages are set against a dark background.

Being active is good for your body and mind. Why is activity important? List and explain the different reasons below.

Paste or sketch a picture
of yourself here.

A photograph of a brown leather football and an orange basketball. The football is in the foreground, showing its laces and stitching. The basketball is partially visible behind it, showing its orange color and black lines. The background is a solid blue color.

Being physically active everyday can help prevent many diseases and help you to be fitter and healthier. Keep a record of the moderate and vigorous activities you undertake for a week.

Day	Activities	Type Moderate or vigorous	Time spent doing the activity
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Moderate activities - make you slightly out of breath, feel warmer and your heart beat faster, e.g. walking briskly, cycling, vacuuming.

Vigorous activities - make you breathe very hard, have a fast heart beat and mean you can't carry on conversation comfortably, e.g. running, aerobic dancing.

Did you manage at least 60 minutes of moderate to vigorous activity each day?

Did you manage to do vigorous activity at least 3 times this week?

List 5 healthy eating tips you can follow so you can perform at your best.

- 1.
- 2.
- 3.
- 4.
- 5.

Drinking plenty is important.
List 3 drink tips to keep
you performing at your best.

- 1.
- 2.
- 3.

