

## Not active?

Sometimes there are barriers which prevent us from being active. Suggest 4 barriers, with a solution for each. For example, cold weather might be a barrier to doing outdoor activities such as hockey. The solution could be wearing warmer, or more clothing.

Barrier

Solution

1.	→	
2.	→	
3.	→	
4.	→	

How does the environment affect people's activity habits?  
E.g. where they live, local facilities. Explain your thoughts.

## What's available?

There are many barriers which prevent us from being active, and one of these is not knowing what activities are available around us. When thinking about being more active we often just think of joining a sports team, but there are many other ways we can keep active in our local areas, we just don't know about them! Using local council and leisure centre websites, list 4 new activities you would like to try.

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

### CHECK!

- I know how much energy different activities require.
- I meet the recommendations for activity on a daily basis.
- I know what activities are available to me.
- I know how to use activities to improve different aspects of my health.
- I know that it is important to drink plenty to be well hydrated.



Name: \_\_\_\_\_

**food route**  
a journey through food



# Active lifestyles

## Be active for life!

Being physically active is important for your health, now and in the future. You need to do at least 60 minutes of moderate to vigorous activity each day, and remain active throughout your adult life. Just remember to stay hydrated!

There are lots of different activities you can do other than sports, such as walking briskly, dancing and skateboarding. Different types of activities improve different aspects of your health. You can also increase your everyday activity level, for example, by walking up the stairs rather than using a lift. Remember to try to spend less time sitting - keep moving! Why not increase your motivation by including your friends and family in the activities you do?



change  
4 life

Eat well Move more Live longer

### Think about ...

- \* the amount of energy expended by different activities
- \* being active for at least 60 minutes every day
- \* the opportunities for physical activities in your local area
- \* how active you need to be throughout your life
- \* how different activities can improve your health
- \* drink plenty everyday, especially when you're active

# Mind, body and soul

Undertaking a range of activities is important for health. Consider the following aspects and explain how these can be improved through different activities.

Stamina	Muscle strength	Flexibility	Bone density	Mind
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## On target?

Setting yourself a physical activity goal and targets to achieve your goal is a great way to motivate yourself and track your improvement. Use the table below to set yourself a goal to achieve in 6 weeks' time. Work towards it by setting yourself a target every two weeks to build up to your goal. Look at the example below:

Example:  
My goal is: to be able to do 50 sit ups.

Date today: 7 November

Date to achieve my goal: 19 December

Current score/ level/time					
Week	Target	level/time	Training plan	Date to achieve	Achieved?
1 - 2	15 sit ups	3 sit ups	Practise doing 15 sit ups every two to three days.	21 November	Yes.
3 - 4	30 sit ups	15 sit ups	Practise doing 30 sit ups every two days.	5 December	Yes - I managed 32!
5 - 6	40 sit ups	32 sit ups	Practise doing 40 sit ups every two days.	19 December	Nearly. I managed 38. I'll continue to practise next week.

Track your physical activity targets below. Get set, go!

My goal is:

Date today:

Date to achieve my goal:

Current score/ level/time					
Week	Target	level/time	Training plan	Date to achieve	Achieved?

What happens when you practise physical activities over a period of time? Explain your answer.



## Energy out!

Different activities use different amounts of energy. The amount of energy used depends on the activity, its intensity and duration. Sedentary activities use little energy whereas vigorous activities use much more energy. Complete the following chart by listing the activities you do.

Think about the energy you use.

Sedentary activities, e.g. watching TV	Light activities, e.g. washing up, tidying	Moderate activities, e.g. walking briskly, using stairs	Vigorous activities, e.g. tennis, running
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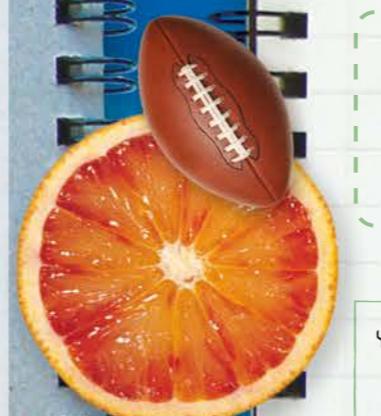
Did you know:

- o moderate activities will make you slightly out of breath, feel warmer and your heart beat faster; e.g. walking briskly, cycling;
- o vigorous activities will make you breathe very hard, have a fast heart beat and mean you can't carry on conversation comfortably, e.g. running, aerobic dancing.

Do you do at least 60 minutes of moderate to vigorous activity every day?

Yes. How?

No. How could you be more active?



## Drink plenty

It's really important that you drink enough to stay hydrated. If you don't you may feel tired, get headaches and not perform at your best. Drink around 6-8 glasses a day. Tally your drinks over a week.

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Water						
Lower fat milk						
Tea and coffee						
Sugar-free drinks						
Fruit juices/smoothies						
Drinks with added sugar						
Other						
Total						

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Are you drinking plenty? Explain your answer.

Which types of drinks should be consumed in moderation? Why?

