

be healthy for school

Being healthy for school helps you to be healthy for life and to **HAVE ENERGY FOR LIFE**, as well as for school. Because school is structured, it is a good place to start being healthy. One of the first and most important things about being healthy is **BEING ACTIVE**. This does NOT mean that you have to be “sporty”. Being healthy is much more about a lot of small behaviours that add up to being healthy. To be active, try some of the tips below:

- Walk instead of taking the car (when you can)
- Go for a walk in the mornings or afternoons before or after school
- Try doing some exercise with friends on the weekends
- Join a team or sporting club
- Ride a bike
- Learn some stretches
- Use stairs rather than a lift
- Try a sport or fitness class

There are many benefits to exercise and activity, which include:

- Resistance to disease
- Increased alertness and productivity
- Enhancement of creativity
- Enhanced mood regulation
- Better sleep habits
- Weight control

If you re not used to exercising, get some advice, but start now, because the habits you develop while you are at school will hopefully stay with you for your whole life and help you long after you leave school.

Being healthy is not only about being active. Being healthy can involve trying a range of different activities and being interested in a wide variety of things. There are many activities and hobbies that you could try to see which one you like. Here are just a few:

- Learning an instrument
- Rock-climbing
- Gardening
- Building
- Astronomy
- Dancing
- Drama
- A part-time job
- Cooking
- Reading
- Sports
- Many more...

As well as being active in a variety of tasks, being healthy also involves making good **CHOICES WITH FOOD AND DRINK**. There are many simple things that you can do, that will really help you be healthy and stay healthy. Here are a few tips:

- Always have breakfast
- Avoid soft-drinks
- Eat more vegetables
- Drink water
- Avoid foods with too much sugar
- Eat more fruit
- Avoid junk food

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You have probably heard all of these things before, but here are some of the reasons you should try these things:

- **Always have breakfast**

Eating breakfast helps your metabolism at the beginning of the day. It also helps give you energy to concentrate and be alert for what-ever you need to do. A good breakfast with carbohydrates and not too much sugar also keeps you full, which prevents you from getting hungry and snacking on junk foods.

- **Avoid soft-drinks**

Soft-drinks have a very high amount of sugar and energy. This means that soft-drinks cause your energy levels to rise and fall, which can effect you in a variety of ways. This also means that you may have to go to the dentist more often.

- **Eat more fruit and vegetables**

Fruit and vegetables have fibre, which helps you stay healthy on the inside. They also taste good and are mostly inexpensive. Fruit and vegetables also have many vitamins and minerals, which will prevent colds and diseases.

- **Drink water**

Quite simply, without water you will die! Being hydrated keeps your energy levels up and also keeps you healthy on the inside. When you don't drink enough water, you can get dehydrated, which affects your concentration.

There are many more reasons that eating well and choosing good foods and drinks will help you, and there are lots of places that you can find information on this topic. Try some of the websites below, but most of all remember that staying healthy will help you for your whole life!

➤ **What unhealthy foods do you have most trouble avoiding?**

➤ **What healthy foods do you enjoy?**

Try looking at these websites to learn more about being healthy.

<http://www.ais.org.au>

<http://www.nutritionaustralia.org/>

<http://www.vicfit.com.au/>