HEALTHY lifestyle

THE FACTS
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"Everybody needs to live a healthy lifestyle. A healthy lifestyle is the secret ingredient to a long and enjoyable life. One way of achieving a healthy lifestyle is making sure you have a good balance of activities. For example; exercising, eating the right foods, gaining enough sleep and enjoying leisure time."

WHAT AFFECTS A HEALTHY LIFESTYLE?
Some key areas that may reduce the quality of your lifestyle are:

Technology
e.g. spending too much time using computers, video games and mobile phones

Environment
e.g. an increase in the air pollution may make it more difficult to breathe

Busy lifestyle
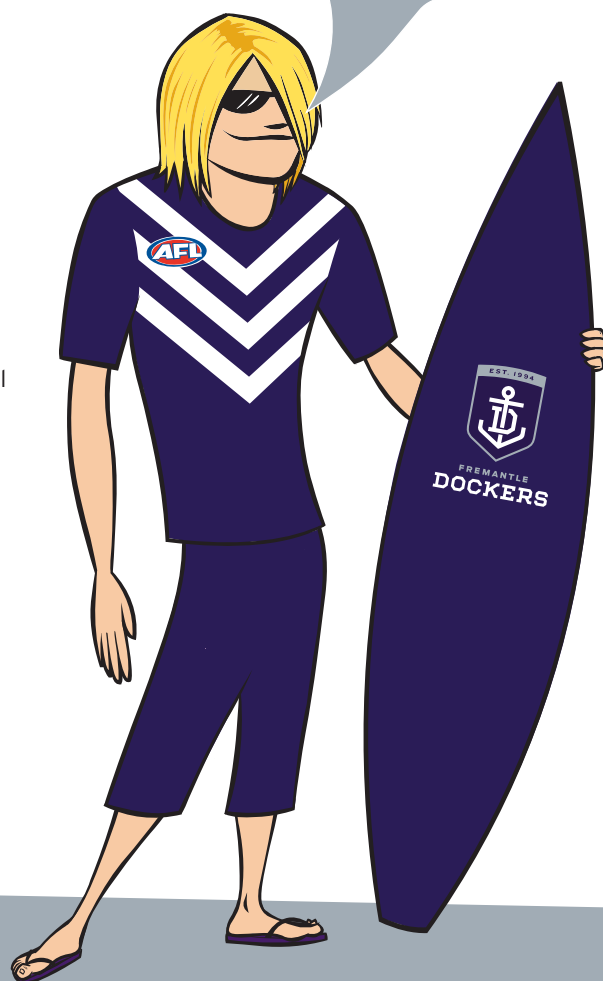e.g. having too many activities to complete within a day

Social activities
e.g. spending time with people that live unhealthy lifestyles

THE POSITIVE OUTCOMES OF A HEALTHY LIFESTYLE
Some of the benefits of a healthy lifestyle include:
- Positive well-being
- Good friendships
- Stronger body and improved posture
- Increased ability to learn
- Healthy weight
- Reduced blood cholesterol
- Better sleep patterns
- Boosted self-esteem and confidence
- Healthier heart
- Improved concentration
- Reduced stress
- Enhanced social skills

WHAT ARE THE FOUR DIFFERENT HEALTHY LIFESTYLE AREAS?

1 EXERCISE

Physical activity promotes many health benefits. Exercise can be fun and can be done in different ways. An essential part of exercising is increasing your heart rate. Some activities that will help you do this are:

- Tag games
- Ball games
- Beach games
- Backyard games
- Swimming
- Cycling
- Jogging
- Skipping
- Skateboarding
- Hula hoop
- Dancing
- Walking

How much activity is recommended?
For children five to 12, at least 60 minutes a day combining moderate and vigorous physical activity.
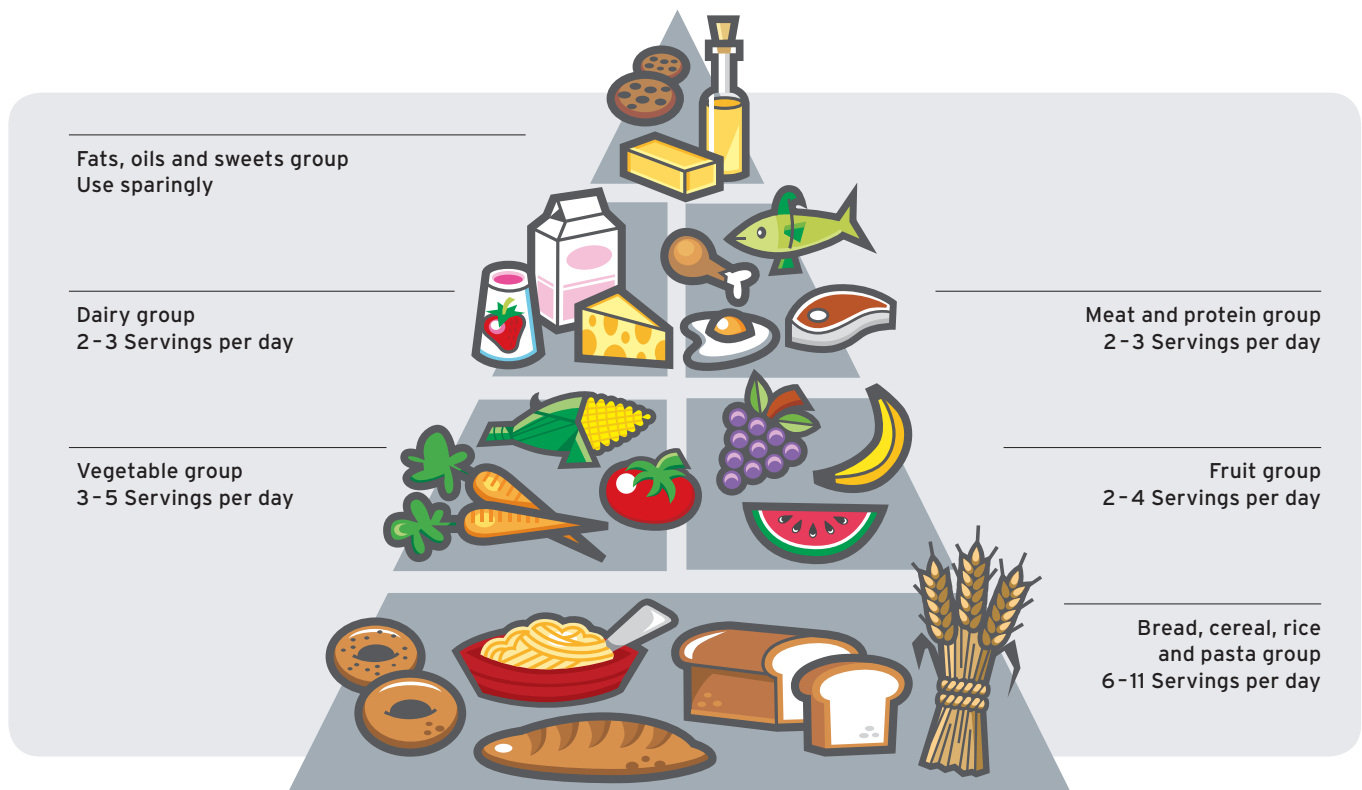
2 DIET

It is important for you to refuel your body. Food and drink play an essential role in your overall health, growth and development, as well as assisting in better sporting and academic performance.

A great percentage of the human body is made up of water, almost 75 percent of all muscle in your body is made of water. Therefore, your body needs to be refuelled with water to maintain its bodily functions and keep hydrated.

A lack of water can lead to dehydration. This occurs when you do not have enough water in your body to carry out normal bodily functions. Every person needs to drink a different amount of water to keep their body hydrated. Different situations will cause you to drink different amounts of water e.g. exercise, temperature and illness.

This Healthy Living Pyramid provides a simple guide to planning the types of foods you should eat and in what proportions different foods should be consumed.

Fats, oils and sweets group
Use sparingly

Dairy group
2–3 Servings per day

Meat and protein group
2–3 Servings per day

Vegetable group
3–5 Servings per day

Fruit group
2–4 Servings per day

Bread, cereal, rice and pasta group
6–11 Servings per day

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3 LEISURE TIME

Leisure time is a part of your day where you can choose what you want to do. It offers the chance for fun, a time to enjoy life and the opportunity to re-energise the mind and body. Hobbies are a great example of leisure time. Here are a few ideas of ways to spend your leisure time:

• Playing games
• Going out with friends
• Going to the park to play
• Reading for pleasure
• Playing with toys
• Listening to music
• Skateboarding

4 SLEEP

Having a good night sleep is vital. The suggested amount of sleep for children aged six to 12 is approximately 10 hours sleep a night. Having enough sleep will help you stay alert, concentrate and feel more positive.

A bedtime routine is very important so you can wind down from your day. Some tips to a good night sleep are to keep the bedroom dark, cool and quiet so that you can drift off easily.

A good night's sleep is important for growth and development. If you sleep well, you will be more settled, happy and ready for school the next day. Getting enough sleep strengthens the immune system and may reduce the risk of infection and illness.

MOVE MORE, EAT WELL = HEALTHY LIFESTYLE

Enjoy one hour of exercise, two fruit and five vegetables every day.

Visit **www.1seven.com.au** for more information on the national health and wellbeing program for Australian children.