



An Active Life – 3

Myself – Taking Care of My Body

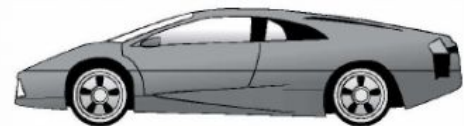
Your body is like a car. As well as having good fuel to help it move and perform well, it needs to move regularly to stop it from seizing up.

Examine your lifestyle and list the things you do in your spare time each week. Colour the stars to show how much time you spend on each activity and how active you are.

| Activity | How much time (not much, some, a lot) | How much activity (not much, some, a lot) |
|----------|--|--|
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Which car are you?


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Suggest one way you could treat your body better.