

HEALTH AND FAMILY LIFE

Nutrition & Physical Activity- Notes

Daily physical activity is part of a healthy lifestyle. Regular physical activity helps to keep the body healthy. Benefits of regular physical activity:

- Good posture and a leaner and attractive body
- Stronger muscles and bones
- Good self image/self worth
- Increases endurance
- Improves cardiovascular fitness and helps maintain a healthy weight
- Reduces risks to contracting heart diseases and cancer
- Helps lower blood pressure
- Improves sleep and relaxation Children who are engaged in regular physical activities look and feel better.

It also improves their cognitive development. (Children who balance physical activity with good health practices and learning, do better in school).

Areas of focus and recommended physical activity:

- Improving flexibility
 - Cardiovascular fitness
 - Muscular strength
 - Endurance
- Tips for engaging in physical activities:
- Determine what area of fitness you need to work on and plan your personal exercise programme
 - Keep safety in mind
 - Set goals for your fitness programme
 - Warm up before working out and cool off after workout.