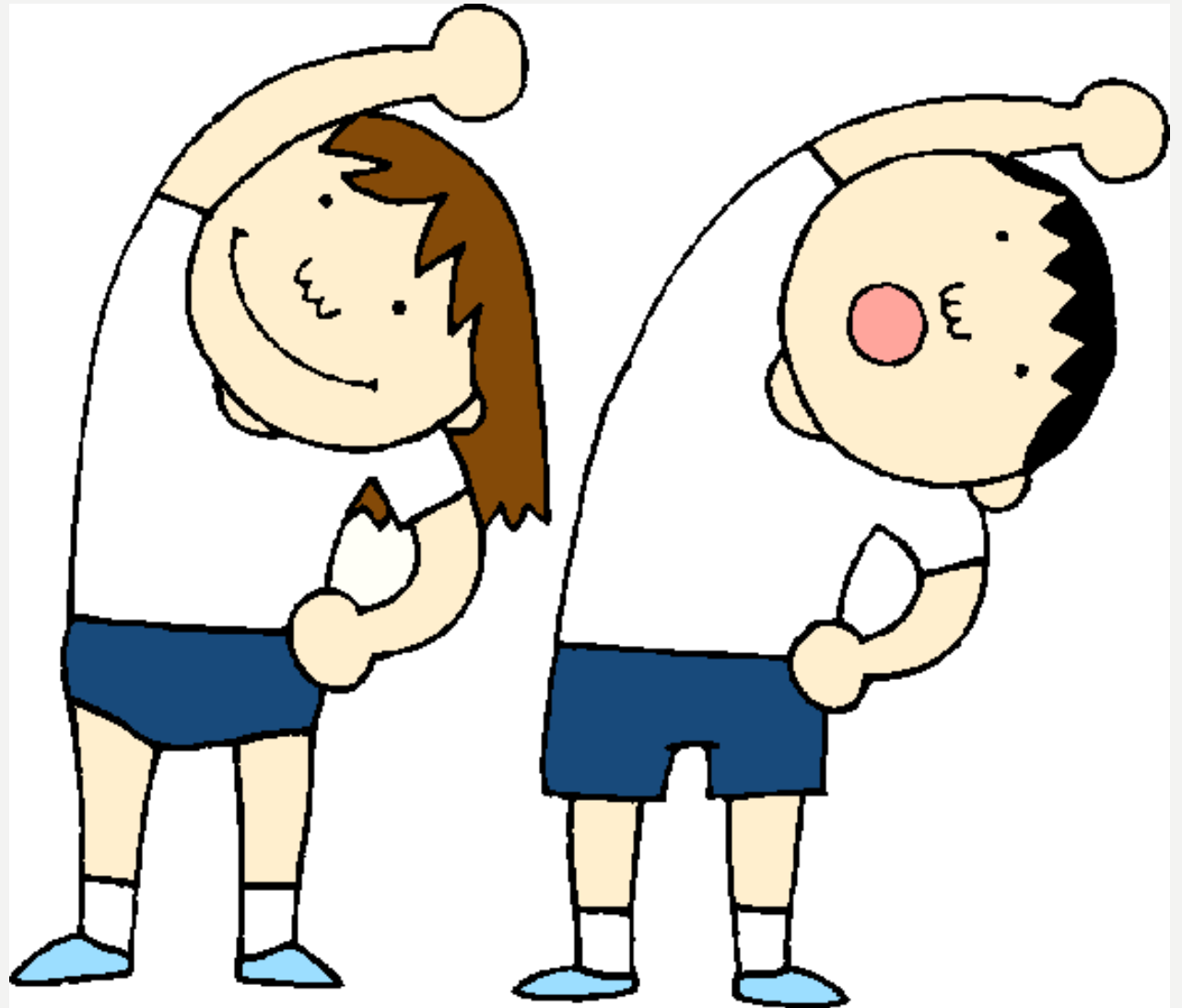


HOW TO STAY FIT AND HEALTHY AT HOME

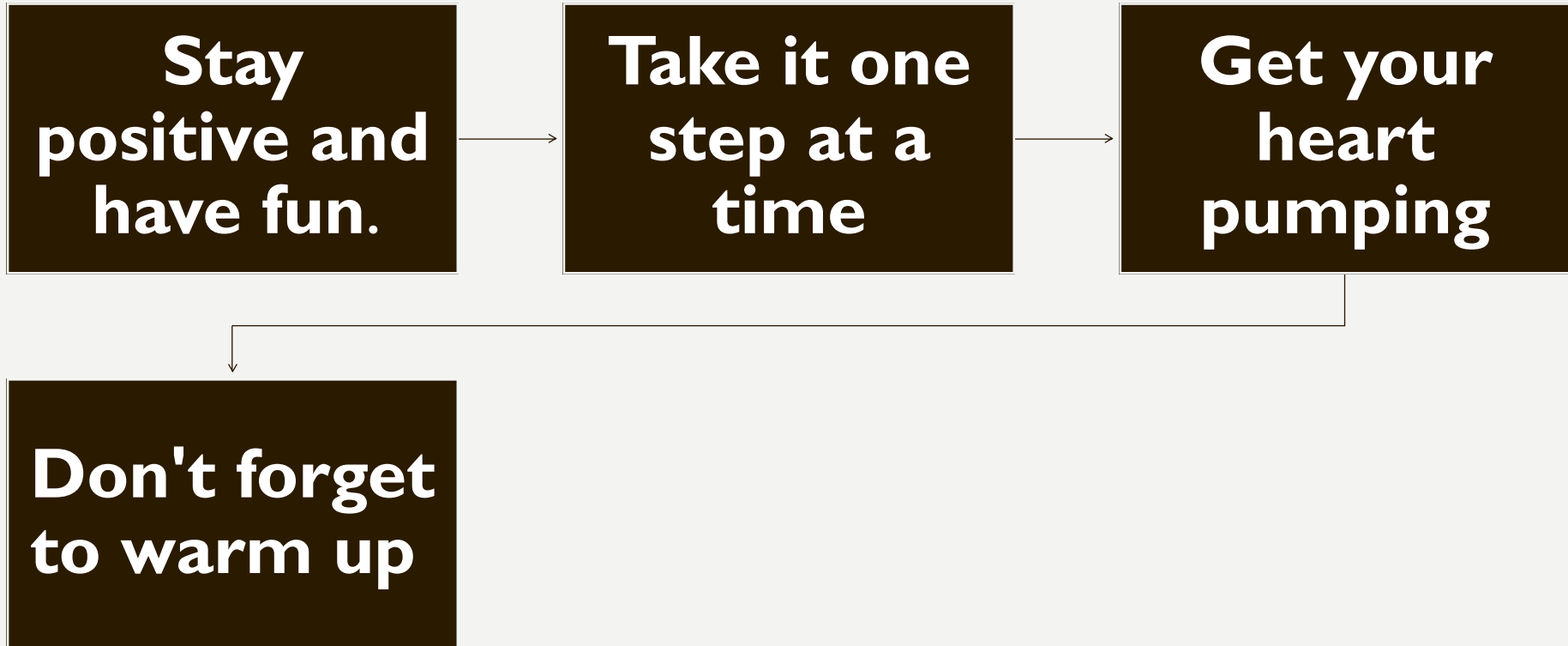


WHAT CAN I DO TO GET FIT?

- Regular physical activity can improve your fitness and your health.
- The most important thing is that you keep moving!
- Exercise should be a regular part of your day, like brushing your teeth, eating, and sleeping.



HERE ARE A FEW TIPS WHEN STAYING FIT:





A good mental attitude is important.



Find an activity that you think is fun because you are more likely to keep with it if you choose something you like.



If you can, find a family member in the house to be active with.

**STAY
POSITIVE
AND HAVE
FUN**

TAKE IT ONE STEP AT A TIME.

Better fitness

Small changes can add up to better fitness.



Walk or march

You can walk or march in place.



Use

You can use the stairs instead of taking the elevator or escalator.



Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate.



Aerobic exercise makes your heart and lungs work better.



It also burns off body fat.

**GET YOUR
HEART
PUMPING**



mild stretching before you do any physical activity. warms your muscles up and may help protect against injury.



Stretching makes your muscles and joints more flexible too.



It is also important to stretch out after you exercise to cool down your muscles.

**DON'T
FORGET TO
WARM UP**

EXERCISE EVERY DAY.

It is best to do aerobic activity without stopping for at least 20 to 30 minutes each time.

Do the activity as often as possible, but don't exercise to the point of pain



MARCHING IN PLACE EXAMPLE

Starting position: Stand tall with your feet together and arms at your sides.

Movement: Bend your elbows and swing your arms as you lift your knees.

March in a variety of styles:

- March in place.
- March four steps forward, and then four steps back.
- March in place with feet wide apart.
- Alternate marching feet wide and together (out, out, in, in).

Tips and techniques:

Look straight ahead and keep your abs tight.

Breathe comfortably, and don't clench your fists






A HEALTHY LIFESTYLE

Watch	Watch less TV or spend less time playing computer or video games.
Use	Use this time to exercise instead! Or exercise while watching TV
Eat	Eat 3 healthy meals a day, including at least 4 servings of fruits, 5 servings of vegetables, and 4 servings of dairy products.
Make	Make sure you drink plenty of fluids before, during, and after any exercise. This will help replace what you lose when you sweat.
Stop	Stop drinking or drink fewer regular soft drinks.
Eat	Eat less junk food and fast food. (They're often full of fat, cholesterol, salt, and sugar.)
Get	Get 9 to 10 hours of sleep every night.

EAT A BALANCE DIET

- A balanced diet is when you eat a wide variety of foods in the right proportions.
- A balanced diet includes...
- Grains (e.g. bread, pasta, rice) 30%
- Vegetables (e.g. broccoli, carrots, potatoes) 30%
- Fruit (e.g. apples, grapes, bananas) 20%
- Protein (e.g. lean / not fatty meat, fish, eggs, pulses)
- 20%Dairy (e.g. milk, cheese, yoghurt)
- healthy oils (e.g. olive or sunflower oil)

A Balanced plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and sugars

