



Health & Fitness

The more physical activity you do will help you develop your basic skills ensuring that you also build a stronger heart and lungs. As you get older, it will help you lose or maintain weight, prevent injuries, energizes your body and improves your mood. As with anything new, before starting on any physical activity, you should;

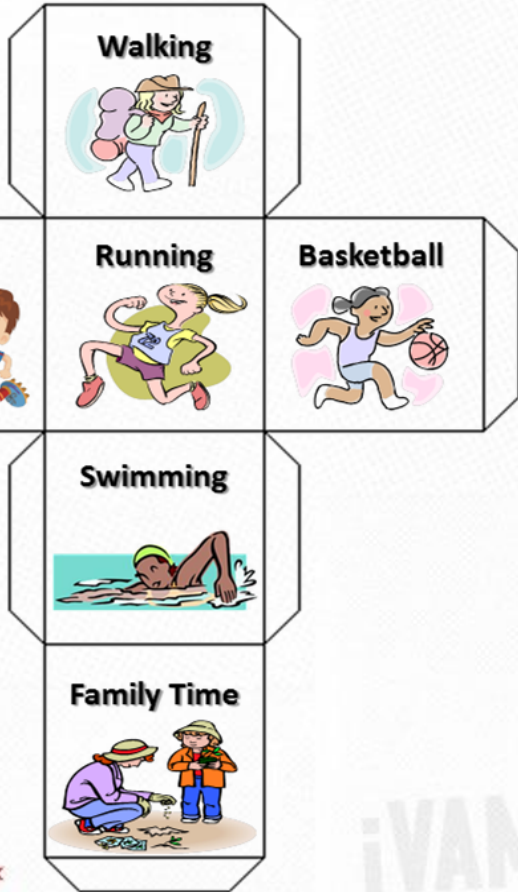
- Start out slow and talk to your doctor before starting out anything new
- Try a new activity with family and friends to increase variety
- Try an alternative physical activity - don't just stick to soccer!
- If your using games consoles, use games that get you up and moving
- Cut back sedentary activity time by 30mins per day
- Record your favorite shows, then you can fast forward through commercials
- If you are watching live TV, get active during the commercials

Getting the Right Amount of Sleep

Getting a healthy amount of sleep will help you to feel energized and alert. It will also help reduce stress, reduce the risk of heart disease, depression and strokes. It also helps to improve your memory meaning if you get enough sleep, school exams will become easier! The recommended amount of sleep for people is;

- | | |
|------------------------|---------|
| • Infants | 16hours |
| • Babies & Toddlers | 14hours |
| • Children (3-6years) | 12hours |
| • Children (6-9years) | 10hours |
| • Children (9-12years) | 9hours |
| • Teenagers | 9hours |
| • Adults | 8hours |

Looking for a fun way to get everyone active? See the next page for a fun and interactive game to try with your family and friends.



Get Moving

Try this fun, interactive game with family and friends;

- Cut out the cube outlines.
- Fold the cut out on all the black lines and glue or tape the tabs to form a cube.
- Have one person roll the activity cube once.
- The movement that it lands on is the activity everyone has to do.

Have Fun!!!