Be active for life
List other activities which count towards your 60 minutes per day:
1. 
2. 
3. 
4. 
5. 
6. 

My Activity Pledge

I pledge to be more active by:

Signed: 
Date: 

CHECK!

- I can be active everyday.
- I know that activities can improve my health.
- I know that I need to do a range of different activities for health.
- I understand that I need to drink more when I am active.
- I know I need to eat well before and after exercise.

food route
a journey through food
Name:

Active lifestyles
Stay active!

Being active is just as important for your health as eating and drinking well. Being active is part of your lifestyle and is not just about being sporty. Food and drink choices around activity can affect your performance, and it is important to stay hydrated especially when you are active.

Think about -

- how to be active everyday for at least 60 minutes
- how activities can improve health
- doing a range of different activities to be fit and healthy
- drinking plenty when you are active
- planning eating and drinking well around being active
Activities I enjoy
It’s important to do a range of different activities to maintain and improve your health. What are your favourite 4 ways of being active?

Activity and health
Being active is good for your body and mind. Why is activity important? List and explain the different reasons below.

Activity planner
Being physically active everyday can help prevent many diseases and help you to be fitter and healthier. Keep a record of the moderate and vigorous activities you undertake for a week.

<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
<th>Type</th>
<th>Time spent doing the activity</th>
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<tbody>
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<td>Monday</td>
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<td>Sunday</td>
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</tbody>
</table>

Moderate activities - make you slightly out of breath, feel warmer and your heart beat faster, e.g. walking briskly, cycling, swimming.

Vigorous activities - make you breathe very hard, have a fast heart beat and mean you can’t carry on conversation comfortably, e.g. running, aerobic dancing.

Did you manage at least 60 minutes of moderate to vigorous activity each day?

Did you manage to do vigorous activity at least 3 times this week?

How could you be more active?

List 5 healthy eating tips you can follow so you can perform at your best.

1.  
2.  
3.  
4.  
5.  

Drinking plenty is important. List 3 drink tips to keep you performing at your best.

1.  
2.  
3.  

What new activities would you like to try?