Sometimes there are barriers which prevent us from being active. Suggest 4 barriers, with a solution for each. For example, cold weather might be a barrier to doing outdoor activities such as hockey. The solution could be wearing warmer, or more clothing.

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
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<tr>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

How does the environment affect people’s activity habits? 
E.g. where they live, local facilities. Explain your thoughts.

There are many barriers which prevent us from being active, and one of these is not knowing what activities are available around us. When thinking about being more active we often just think of joining a sports team, but there are many other ways we can keep active in our local areas, we just don’t know about them! Using local council and leisure centre websites, list 4 new activities you would like to try.

1.         
2.         
3.         
4.         

Be active for life!

Being physically active is important for your health, now and in the future. You need to do at least 60 minutes of moderate to vigorous activity each day, and remain active throughout your adult life. Just remember to stay hydrated!

There are lots of different activities you can do other than sports, such as walking briskly, dancing and skateboarding. Different types of activities improve different aspects of your health. You can also increase your everyday activity level, for example, by walking up the stairs rather than using a lift. Remember to try to spend less time sitting. Keep moving! Why not increase your motivation by including your friends and family in the activities you do?

**Think about ...**
- the amount of energy expended by different activities
- being active for at least 60 minutes every day
- the opportunities for physical activities in your local area
- how active you need to be throughout your life
- how different activities can improve your health
- drink plenty everyday, especially when you’re active

**CHECK!**

- [ ] I know how much energy different activities require.
- [ ] I meet the recommendations for activity on a daily basis.
- [ ] I know what activities are available to me.
- [ ] I know how to use activities to improve different aspects of my health.
- [ ] I know that it is important to drink plenty to be well hydrated.
Mind, body and soul

Understanding a range of activities is important for health. Consider the following aspects and explain how they can be improved through different activities.

Stamina  | Muscle strength  | Flexibility  | Bone density  | Mind
---|---|---|---|---

On target?

Setting yourself a physical activity goal and tracking your progress towards achieving it is a great way to motivate yourself and track your improvement. Use the table below to set yourself a goal to achieve in 6 weeks’ time. Work towards it by setting yourself a target every two weeks. To build up to your goal, look at the example below:

Energy

<table>
<thead>
<tr>
<th>Week</th>
<th>Target</th>
<th>Current score</th>
<th>Time to achieve</th>
<th>Achieved?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>50 km</td>
<td>&lt;50 km</td>
<td>+5 km/week</td>
<td>No</td>
</tr>
<tr>
<td>3-4</td>
<td>60 km</td>
<td>&lt;60 km</td>
<td>+10 km/week</td>
<td>No</td>
</tr>
<tr>
<td>5-6</td>
<td>70 km</td>
<td>&lt;60 km</td>
<td>+15 km/week</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Track your physical activity targets below. Cast away, go!

<table>
<thead>
<tr>
<th>Week</th>
<th>Target</th>
<th>Current score</th>
<th>Time to achieve</th>
<th>Achieved?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>10 km</td>
<td>&lt;10 km</td>
<td>+2 km/week</td>
<td>No</td>
</tr>
<tr>
<td>3-4</td>
<td>15 km</td>
<td>&lt;15 km</td>
<td>+3 km/week</td>
<td>No</td>
</tr>
<tr>
<td>5-6</td>
<td>20 km</td>
<td>&lt;15 km</td>
<td>+4 km/week</td>
<td>Yes</td>
</tr>
</tbody>
</table>

What happens when you practice physical activities over a period of time? Explain your answer.

Energy out!

Different activities use different amounts of energy. The amount of energy used depends on the activity, its intensity and duration. Sedentary activities use little energy whereas vigorous activities use much more energy. Complete the following chart by listing the activities you did.

Sedentary activities, e.g. reading TV
Light activities, e.g. washing dishes, vacuuming
Moderate activities, e.g. walking briskly, using stairs
Vigorous activities, e.g. running

Did you know:

- Sedentary activities will make you slightly out of breath, feel warmer and your heart beat faster, e.g. reading, watching TV.

- Vigorous activities will make you breathe very hard, have a fast heart beat and make you sweat a lot: e.g. running, cycling.

Do you do at least 60 minutes of moderate to vigorous activity every day?

Yes. How?
No. How could you be more active?

Drink plenty

It's really important that you drink enough to stay hydrated. If you don't you may feel tired, get headaches and not perform at your best. Drink around 6-8 glasses a day. Track your drinks over a week.

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thor</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Lower fat milk</td>
<td>Tea and coffee</td>
<td>Sugar-free drinks</td>
<td>Fresh juices/smoothies</td>
<td>Drinks with added sugar</td>
<td>Other</td>
</tr>
</tbody>
</table>

Are you drinking plenty? Explain your answer.

Which types of drinks should be consumed in moderation? Why?