

# Be Good To Yourself

Research has shown that a healthy lifestyle is essential for all ages. You will feel better, look better and study better if you eat sensibly and take regular exercise. Try some of the tips below - they really do work.

## Healthy Eating tips.

(Just a few food changes can make all the difference!)

- Fortified breakfast cereals with calcium-rich milk, served with juice is a nutritious and speedy breakfast or snack.
- Eat balanced packed lunches. Take rolls or sandwiches with a protein-rich filling (cheese, ham, salad, egg etc) plus a selection from fruit; yoghurt; carrot sticks, fruit bun, raisins, wholemeal biscuits; include juice or water to drink. (Avoid sugary, fizzy drinks.)
- Great snacks include: beans on toast, cereal, soup and crusty roll, dried fruit, fruit salad, cereal bars, pitta bread and dips, fruit smoothie, yoghurt or rice pudding, sandwiches, wraps, potato or pasta salad.
- Make healthy „chips“ by slicing pitta bread and/or tortilla wraps into slices. Bake on a tray in a hot oven (200C) for 8 to 10 minutes (avoid browning) - cool and serve. Tastes great served with dips. Cut down on sweets, crisps and other “junk food”!

## Be Active!

Follow the steps below for a more active way of life:

- Plan a 20-30 minute period of specific activity on most days of the week: walking, cycling, swimming or running.
- Take a trip with friends to the park or leisure centre instead of the cinema and play badminton or indoor soccer or some other sport.
- Take part in a specific sporting activity at school.
- Learn how to play a sport you enjoy watching, or join a local club for Dance, Judo, Tai Kwan Do etc.
- Cut down the amount of time you spend watching television.
- Get out of the chair whenever you can at home.
- Stand up while on the telephone and don’t use the remote controls for the TV and hi-fi.
- Seek out (rather than avoiding) the opportunity to be active during your day. Use the stairs rather than the escalator/elevator.
- Walk whenever you can to school, to the shops, to your friend’s house etc.
- Use any household chores you have to do as an exercise class.
- Turn on some music and tackle the work with vigour!

	BREAKFAST	LUNCH	DINNER	SUPPER	ACTIVITY
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					

Use this page for one week to note what you ate for Breakfast, Lunch, Dinner and Supper.