

FIT FOR LIFE

Some Top Tips for Keeping Fit

- Being fit makes you feel good.
- You don't have to be a fitness freak to be healthy.
- Keep active to burn off unwanted calories and work your heart and lungs.
- You should be active 3-4 times a week. Get your pulse up beyond normal and keep it there for twenty minutes.
- You should feel hot and out of breath if the exercise is to be of benefit.
- Brisk walking, swimming, dancing, cycling, football, hockey, rugby and badminton are all good active pastimes.
- Take a full part in PE lessons.
- Eat and drink sensibly.

Useful Websites:

www.lifeclinic.com

www.bhf.org.uk

www.lamplight.org

Be Active - Be Fit - Be Healthy