

Year 7- Maintaining Physical health



What affects choices about exercise?

- Time of day
- Exercising alone or with friends
 - The reason for exercising
- How exercise makes someone feel
 - Types of activity
 - Location of activity
 - Length of time available
- What someone enjoys doing

What affects choices about diet?

- Moral/ ethical reasons for choices
 - Cost
- How someone feels (e.g. someone might make different food choices when they are happy, compared to when they are stressed)
- How different foods make them feel
 - Religion
 - Culture
- The environment
- Ease of making meals or time available to make meals
- Number of people the food is being prepared for
 - Eating alone or with others
 - Special events or celebrations

Cross Curricular Links:
Pe and food technology

Barriers to eating healthily and exercising

- Cost
- Feeling pressure to eat unhealthily
- Convenience/ availability of food
- Wanting to make decisions that someone's family might not agree with or be able to accommodate
- Concerns about exercising alone
- Unable to find a team/ group to join
- Having a physical disability that might affect exercise choices
 - Lacking motivation
- Not knowing where to start or feeling overwhelmed

Where to get support

- Speak to your form tutor, Head of Year, School nurse, pastoral team or other trusted adult.
- Use the Needtotalk@sta.cc email at school
 - Childline: 0800 1111 www.childline.org.uk
- NHS Live Well: www.nhs.uk/live-well

Ways to overcome barriers to maintaining physical health

- Speak to your GP
- Speak to the school nurse-she does a drop in every Wednesday break time and lunchtime in the well-being room
 - Find a workout buddy
- Create an achievable plan and set small personal goals
 - Discuss options with family and friends
- Make small changes so you are not overwhelmed
- Remember doing something is better than doing nothing!

Ways to improve your physical health

- Bring healthy snacks to school
- Walk if safe to do so rather than take the car
- See if your friends will join a club in the PE department to go with you
- Switch off your mobile phone and get active!
- Have unhealthy food choices less frequently

Remember there is no one size fits all-everyone is different and you have to find out what works best for you!