

Year 9- 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

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

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

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

Ways to promote healthy sleep

Maintain a Consistent Sleep Schedule: Go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock and can improve the quality of your sleep.

Create a Relaxing Bedtime Routine: Develop a pre-sleep routine that helps you unwind. Read a book, take a warm bath, or practice relaxation exercises like deep breathing or meditation.

Limit Screen Time Before Bed: Avoid using electronic devices like smartphones, tablets, and computers at least an hour before bedtime. The blue light emitted by these screens can interfere with the production of the sleep hormone melatonin and disrupt your sleep cycle.

Create a Comfortable Sleep Environment: Make sure your bedroom is conducive to sleep. Keep the room cool, dark, and quiet. Consider using blackout curtains, earplugs, or a white noise machine to block out disturbances.

Be Mindful of Food and Drink: Avoid consuming caffeine and large meals close to bedtime. Caffeine can stay in your system for several hours and can make it difficult to fall asleep. Also, try to avoid drinking a lot of fluids before bed to minimize trips to the bathroom during the night.

Cross Curricular Links:
Pe and food technology