

# Year 9-Maintaining a Healthy lifestyle



Cross Curricular Links: *Maintaining a healthy lifestyle is crucial as it supports your physical, mental, and emotional well-being. Here are some top tips for maintaining a healthy lifestyle!*

## Physical Health

### 1.Regular Exercise:

- Aim to engage in at least 60 minutes of moderate to vigorous physical activity daily. Activities can include sports, walking, cycling, swimming, or even dancing. Exercise helps improve cardiovascular health, build strong muscles and bones, and maintain a healthy weight. Remember some activity is better than none!
- Join school sports teams or clubs to stay motivated and make exercise fun!

### 2. Balanced Diet:

- Eat a variety of foods from all the food groups: fruits, vegetables, grains, proteins, and dairy. This ensures the body gets all the necessary nutrients.
- Limit intake of sugary drinks and snacks. Opt for water, fruits, and healthy snacks like nuts or yogurt.
- Be mindful of portion sizes and try to eat regular meals to maintain energy levels throughout the day.

### 3. Adequate Sleep:

- Aim for 8-10 hours of sleep per night. Good sleep is vital for growth, learning, and overall health.
- Maintain a consistent sleep schedule, even on weekends, and create a bedtime routine to help wind down.
- Leave your phone downstairs so it does not interfere with your sleep.

## Mental and Emotional Health

### 1. Stress Management:

- Practice relaxation techniques such as deep breathing, meditation, or yoga.
- Stay organized with schoolwork to avoid feeling overwhelmed. Break tasks into smaller, manageable steps and prioritize them. Create a to-do list and number the tasks in order of priority. Slowly work your way through the tasks!

### 2. Social Connections:

- Build and maintain positive relationships with friends and family. Social support can help reduce stress and improve mood.
- Join clubs or groups that interest you to meet new people and develop a sense of community.

### 3. Seek Help When Needed:

- Don't hesitate to talk to a trusted adult, such as a teacher, school counsellor, family member or someone from the pastoral team if you're feeling stressed or overwhelmed.

## Tips for Maintaining Physical Health

- **Healthy Snacking:** Bring healthy snacks to school, such as fruits, vegetables, or whole-grain crackers.
- **Active Transportation:** Walk or bike to school if it's safe to do so instead of relying on car rides.
- **Limit Screen Time:** Reduce the amount of time spent on mobile phones, computers, and TV. Use this time to engage in physical activities instead!
- **Hydration:** Drink plenty of water throughout the day to stay hydrated.

## Overcoming Barriers to a Healthy Lifestyle

### 1.Time Management:

1. Balance schoolwork, extracurricular activities, and personal time. Create a schedule to allocate specific times for exercise, meals, and relaxation.
2. Avoid overcommitting to activities that can lead to burnout.

### 2.Access to Resources:

1. Utilize available resources such as school gyms, health classes, and local community centers for physical activity and healthy eating information.
2. If cost is a barrier, look for budget-friendly options like free exercise apps, community sports leagues, and healthy meal planning.

### 3.Motivation:

1. Set realistic and achievable goals for your health and fitness. Track your progress and celebrate small achievements.
2. Find a workout buddy or join a group to stay motivated and make activities more enjoyable.

## 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](mailto:Needtotalk@sta.cc) email at school if you need to talk
  - Childline: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
  - NHS Live Well: [www.nhs.uk/live-well](http://www.nhs.uk/live-well)