

10 Top Tips for a

HEALTHY LIFESTYLE

- 1. Eat well** – Eating a good balance of complex (starchy) carbohydrates, fresh protein and healthy fats will give you the energy to aid your fitness and keep your brain alert.



- 2. Keep hydrated** – Hydration is key to staying fit and healthy; after all, our body is made up of around 70% water.

- 3. Regular exercise** – Exercising three or four times a week is a great place to start. It doesn't have to be a big workout at the gym. Going for a walk or run around your local area is just as good and it's free.

- 4. Routine and variety** – Make a plan of how you are going to exercise and what you should be eating.

- 5. Professional advice** – There are thousands of health and fitness professionals who have online blogs, Facebook pages and Tweets you can follow and pick up free tips and advice.

- 6. New skills** – As well as the obvious physical benefits learning a new skill has great mental benefits too. Why not try a new lunchtime or after school club?

- 7. Why, How, When and What?** – A great way to set fitness goals is simply by asking yourself why you are doing what you are doing, how you are going to do it and when you want to achieve it by.



THINK POSITIVELY
and
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD FAITH
WORRY LESS
READ MORE
BE HAPPY

- 8. Balance** – Remember to balance exercise and rest. Without rest, our bodies don't have time to repair and develop from exercise.

- 9. Relaxing and sleeping** – When the body is relaxed it enabled the mind to be mentally focused. Remember to sleep on time so you are ready to start fresh the next morning.

- 10. Enjoyment** – Enjoy what you are doing, if you enjoy your exercise you will work harder. Choose activities you will enjoy, try new activities, if you don't enjoy them at least you know you've tried.