

A HEALTHY LIFESTYLE

What Is a Healthy Lifestyle?

Our lifestyles today are very busy. We have family, school, sports, leisure and social commitments to fit into a limited time. We need to be healthy to cope with the demands of daily life. But what does it mean to have a healthy lifestyle?

To have a healthy lifestyle, we need to:

- *eat a variety of healthy food most of the time*
- *get regular exercise*
- *have time to relax*
- *get adequate sleep to give our bodies time to recover and grow*

It is important to balance these aspects of life, rather than putting more emphasis on one than another.



1. Read the descriptions below of a normal day in the lives of two children.

Abbey gets up at 7:00 am, feeds the dog, and has cereal and a glass of juice for breakfast. She walks to school with her friend, Julia. She has a package of chips for a morning snack, drinks water from the water fountain, and has a chicken and lettuce sandwich with a banana for lunch. She likes to play soccer with her friends at lunch and morning break time. She walks home with Julia, has some crackers with cheese and fruit juice for afternoon snack and plays with the dog for a while. She plays computer games for an hour or two before dinner, then has a shower and does her homework. She watches her favorite television show for an hour, then usually goes to bed at about 9:30 pm.

Carl gets up at 8:30 am and has two slices of toast with jam with a glass of milk for breakfast. His mother drives him to school on her way to work. He eats cookies and a packaged fruit drink for morning snack and a pot pie ordered from the school cafeteria with a fruit drink for lunch. He likes to play card games with his friends at lunchtime and climb the fixed equipment at morning break time. He catches the bus home, has a cereal bar and a can of soda for afternoon snack, then watches some television. He has a shower before dinner, then plays the computer for an hour or two. He goes to bed at about 10:30 pm.

2. Use the key below to rate the different aspects of the two lifestyles, then suggest possible improvements.

1—healthy

2—could be improved

3—unhealthy

Health aspect	Abbey	Carl	Any suggested improvements?
Diet			
Sleep			
Exercise			
Relaxation			

HEALTH CHALLENGE

Record a day in your own life and complete the table above to rate your own lifestyle.

