

# Keep Fit Guide

## **A STUDENT'S GUIDE TO KEEPING FIT AND HEALTHY**

- Tell your parents that you want to get fit and healthy and ask if they'll help. You can do it alone, but any extra support from friends or relatives is useful. Keep smiling and stay positive!
- Eat a healthy, balanced diet with lots of vegetables and fruits, and drink plenty of water (eight glasses a day will keep you hydrated and is beneficial during high-energy activities). Avoid sugar and refined carbohydrates found in foods like white bread and pasta, where possible. Complex carbohydrates, such as those in whole grains and beans, are a better source of energy. Moderate your fat intake, but don't try to eliminate it from your diet. Your body does need some.
- Start an exercise routine. You'll want to start out small and work your way up. Start going to a gym and participating to your full ability in P.E. classes. If you're too young to work out in a gym, there's still plenty you can do! Get involved in a sport; soccer, tennis, football, basketball, and roller blading are all fun ways to get and keep fit! Or, start doing push-ups. Do as many as you can every day and keep a log book of records and goals. Try sit-ups, pull-ups, and jumping jacks, too. Go jogging, sprinting, and running as much as possible. If you are getting better at running, maybe you could join the cross country team in the school.
- Don't stop once you reach your goal. You have to keep working to stay fit, so form healthy habits that will last you a lifetime!
- Get Moving. Walk, dance, be active. Thirty minutes, (three 10 minutes sessions are fine) most days of the week and you will reduce stress, gain energy, and reduce risk for diseases.  
If It's Painful, Stop. Trust your instincts, they are usually right. If you feel uncharacteristic pain during a move, stop. I'm not talking about the "burn" of exercise; I'm talking a pain that is unusual for what you are doing. Notify your doctor of the problem.
- Have Fun. If you work out to feel energised or happier you are more likely to stick with it. Those who only do it to look good are less inclined to keep it up.
- Get Support. Find a friend who exercises regularly and work out with them. You will be likelier to stick with the regime and will have some great support.
- Tone Up. For toned muscles, do two weight sessions a week, using weights heavy enough so the last two reps feel tough to eke out.
- Don't Go Hog Wild. Take two days off a week to recover from your efforts. Let your muscles repair themselves between strength sessions. (Do cardio on these days if you want.)
- Ease In. Always start your workout with 5-10 minutes of easy light cardio. Warming up helps prevent injury and can help to maximise the calories burnt during your entire workout.
- Do The Talk Test. If you are working out and you can chat with your workout buddy but you are too winded to sing you are working at a perfect moderate pace.
- Cool Down. If you take the time to taper off your workout with a cooling down stage you will feel less strained when you are done.
- Mix It Up. Every few weeks, increase the intensity, use different weights or swap to some new moves or classes to stay challenged.
- Encourage others to join a little fitness club it's so much more fun with friends
- Treat yourself: A chocolate bar once in a while is fine, slouching about is fine, but all in moderation!
- Don't forget, this is meant to be a fun time for you don't make it too grueling!