



## Effects on your body

“Exercise not only changes your body, it changes your mind, your attitude and your mood.”

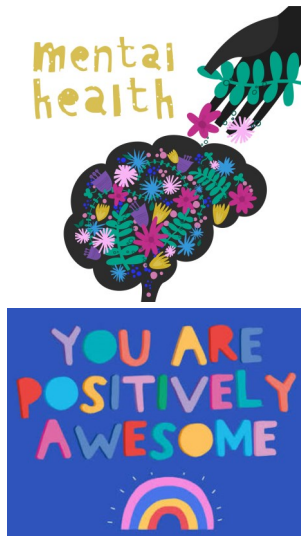
**Meagan D. Parker (Author)**

Did you know that exercise can help provide sharper memory and clearer thinking? Exercise causes your body to produce 'endorphins'. Endorphins make you feel happy but they also help you to concentrate and feel mentally sharp for the learning at hand.

Exercise also stimulates the growth of amazing new brain cells!



mental health



Mindfulness helps us to focus on the here and now. When we stop what we are doing, pause, breathe and take time for ourselves, our friends and our family it has a positive effect on our well being. When our minds are relaxed the benefits are:

- ◆ Lower anxiety and stress
- ◆ Increased positive moods
- ◆ Better decision making
- ◆ Increased self-esteem.

For more help, ideas and information on Positive Health and Well Being, follow the link below:

**<https://www.carnforthschool.org/positive-health-and-wellbeing/>**

This leaflet was created with the amazing ideas and enthusiasm of Carnforth School's Health Ambassadors

**Thursday April 1st 2021**



# Healthy Living Day



**at Carnforth School**

**Carnforth School**  
INSPIRING EXCELLENCE



## Healthy Eating

A balanced, healthy diet is essential during our childhood, as it is a time of rapid growth, development and activity. With the right diet, we are more likely to be energised and motivated, with a greater ability to learn.

We should make sure we are eating our 5-a-day (5 portions of fruit and vegetables daily) for healthy eyes and skin; we also need to eat protein (meat/fish/pulses) for healthy brains and muscles; starchy foods (rice/potatoes/pasta, bread) to give us energy and finally dairy (milk/cheese) for healthy bones and teeth. Sugary and salty

foods are not good for us so we should try to choose a healthy option instead. It is also important to make sure we are drinking plenty of water daily 6-8 small glasses a day will keep our bodies healthy and our brains hydrated.



If you're looking for inspiration, there are so many talented individuals to motivate you.

Whether you want to kick the ball like **Harry Kane** and **Lionel Messi** or dream of excelling as an elite athlete, you can build your fitness and confidence through a connection with sport.

## Exercise

### DAILY EXERCISE

To keep our heart and body healthy, we should exercise daily for around 60 minutes. This may sound like a lot but when you include playing (running, jumping and skipping) for 10 minutes at a time, spread out through the day it can also be a lot of fun!

### ENJOY

It's good to try new activities and to challenge yourself, you may even find a new sport or activity that you love. Whether you love to run, play football, swim or improve your flexibility with dance or gymnastics, the benefits could last a lifetime!

### BUILD STAMINA

Stamina is the ability or strength to keep doing something for a long time. The more exercise you do, the fitter and stronger your body will become.



## CARNFORTH SHOW THEIR BALL SKILLS

### Practice makes perfect...

Exercising regularly - doing an activity you love - will improve your fitness, your stamina and your overall health and well being.

**Who is your sporting inspiration?** Whether you love football or athletics; netball or rugby, there are so many talented and inspiring sportspeople to motivate you to keep trying your best.



### SPORTING INSPIRATION

Pictured: The Body Coach **Joe Wicks**, who kept us all active during lockdown; English professional rugby union player, **Owen Farrell** and **Dame Jessica Ennis-Hill**, three times world champion heptathlete and one of Great Britain's most successful athletes.

