



What is a balanced lifestyle?

For your body to work properly, it needs a **balanced diet**, **exercise** and enough **sleep**.

Here are some top tips for a balanced lifestyle:

- It is important to eat a varied and balanced diet to stay healthy. You need to drink plenty of water and eat at least five portions of fruit and vegetables every day.
- You also need to make sure you exercise regularly to keep your heart, lungs and muscles strong and healthy.
- It is also essential to get plenty of sleep to make sure your body has time to recover and recharge.

A balanced lifestyle is one which is healthy and helps you to be at your best-self. Remember moderation is important. It is ok to have the occasional fast-food 'treat', but not every day!

We will learn more about balanced diets, exercise, sleep and mental/emotional health during our topic and how they help us achieve a balanced lifestyle.

Below is a balanced lifestyle spiral. Perhaps you could share this with a member of your family to discuss or create your own spiral in your jotter?





YOUR TASK: How healthy is your lifestyle? Keep a diary of your activities and lifestyle over the next 5 days.

You can use the template below or make your own in your jotter.

At the end of each day, evaluate how healthy you think your lifestyle is. Challenge yourself to improve each day! There is lots to think about, including nominating a person who had the most positive impact on your day. When you have written your diary for the 5 days, see what you have learnt about yourself.

Date: ___/___/___			Time I got up: _____			Time I went to bed: _____		
What happened today? Use emojis to show how you felt at each point.								
My biggest achievement today:								
My aim for tomorrow:								
Person of the day:								
What I ate and drank today:								
Exercise I did today:								

Daily evaluation:
