

# KEEPING YOUR BODY HEALTHY



## Healthy Diet:

A healthy diet involves eating the right types of nutrients in the right amounts. This is also called a 'balanced diet'. Each of these nutrient types should be consumed over the course of **each day but not necessarily at each meal!**

One way to make sure that you eat a healthy diet is to ensure that you eat a variety of different foods. There may be certain foods that you don't like, but make sure that you find alternatives or substitutes so that your diet is still balanced.

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

## Unhealthy Diet:

An unhealthy diet is one which is not balanced – too much of some nutrient groups are eaten and not enough of the others. It is recognised that eating too much fat is bad for humans, however it needs to be remembered that eating, say, apples all day every day is not healthy either!!

**Carbohydrates** give all cells energy. It also protects your muscles because if the body does not have enough energy it has to use the protein tissues in muscles instead. This weakens muscles in the body.

**Water** helps control your temperature via sweating.

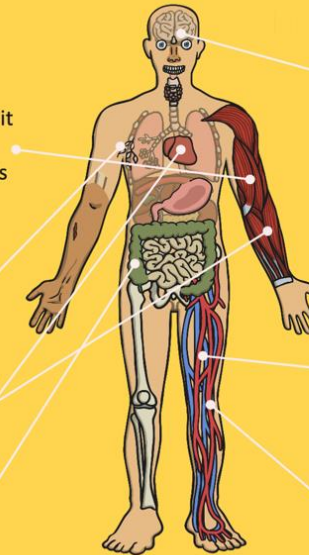
**Proteins** are needed to create muscles and organs.

**Fibre:** Keeps your bowels - which include your large intestine healthy.

**Fats** are needed for every cell membrane - the membrane holds the cell together. Brain tissue is rich in fat. Fat is used to create hormones.

**Water** half the weight of a human body is water! You can survive without food for longer than you can water. 92% of the volume of blood is water! Without blood your body would not be able to transport nutrients and oxygen.

**Protein** is needed to make haemoglobin – the part of the red blood cells that carry oxygen.



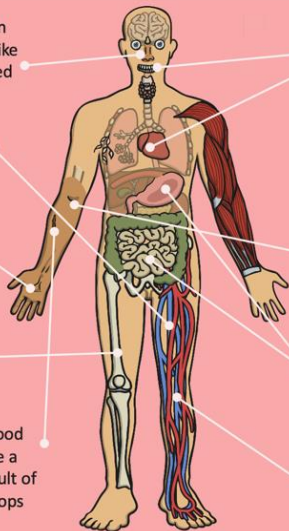
**Vitamin A** is needed to keep skin and linings of some body parts (like the nose) healthy. It is also needed to help eyes see in dim light.

**Vitamins B** (there are several types) are needed to make red blood cells.

**Vitamin C** is needed to regenerate skin cells.

**Vitamin D** is essential as without it bones and teeth can't absorb calcium. A diet without it leads to soft bones in children (rickets) and misshapen ones in adults (osteomalacia).

**Vitamin K** is needed to make blood clot – for example when you have a cut your blood clots. This is a result of the cells sticking together. This stops the body bleeding.



**Mineral: Calcium** is needed for your bones to strengthen. It is also needed to regulate your heartbeat.

**Mineral: Iodine** keeps your skin, hair and nails healthy. It also keeps your thyroid gland – which controls how your body uses energy - working.

**Mineral: Copper** – that's right, the metal! The type that you eat is present in foods like raisins, chocolate and seafood! It helps form red blood cells and a lack of it affects the whole body.

**Mineral: Iron** - like copper, it is a metal that you consume through food like spinach. It is used to make enzymes (point to small intestine and stomach) and protein created by the human body by itself.

**Mineral: Salt** is needed to balance water in your body tissues and blood.

Exercise is physical activity that requires effort, raises your heart rate and works your muscles.

There are two main types of exercise:

### Muscle Strengthening



### Bone Strengthening

#### Moderate Intensity



#### Vigorous Intensity



# What Is the Impact of Regular Exercise?

Helps you fall asleep faster and deeper so you are better rested.

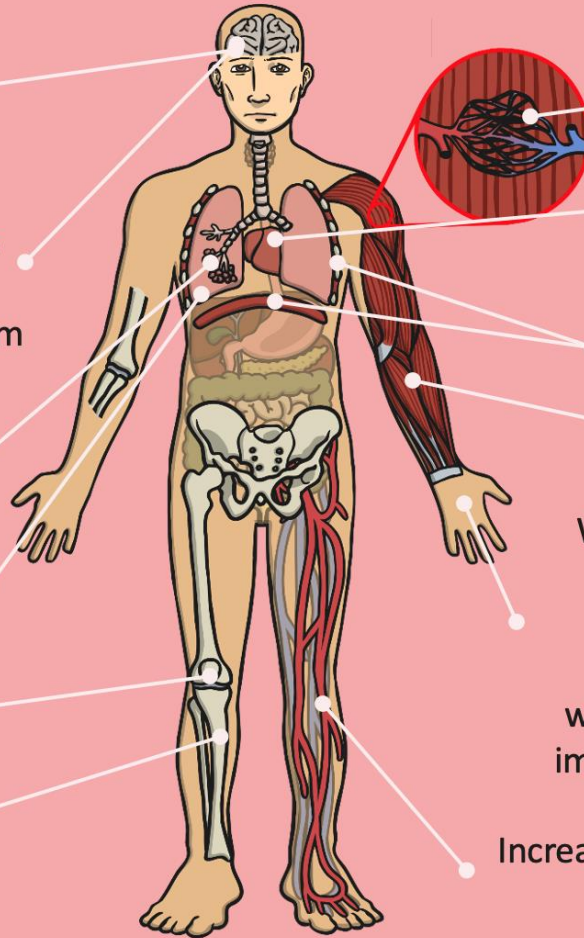
Stimulates and releases **brain** chemicals – for example endorphins leave you feeling happier and serotonin helps keep your mood calm and leaves you feeling relaxed.

Increases the number of air sacs (alveoli).

Increases the amount of oxygen delivered to and carbon dioxide removed from the body.

**Joints** are more stable.

**Bones** increase in width and density (The denser the bone, the stronger it is).



Increases the number of **capillaries** in the **muscles**.

Strengthens **heart** muscle.

Strengthens **diaphragm** and **intercostal** muscles.

Strengthens **muscles**.

When you exercise your body increases the circulation of blood – this means that nutrients are delivered and waste taken away faster which improves parts of the body like **skin**.

Increases the volume of blood and red blood cells.

