



Top Tips for staying Healthy over the summer!

1. Keep Fit and Have Fun!

Its time to play – check out the attached summer schemes for activities you and your friends can get involved in, or find out what’s on at your local leisure centre or park. Be active! Make a new friend!



2. Be good to your body!

Look after it; aim for 10 hours of sleep per night, take care of your skin by wearing sun screen, hats and drink plenty of water to keep hydrated. Take time to relax! Adults; don’t smoke, it’s **so** bad for you! And limit your alcohol!



3. Fabulous Food!

Make time to sit down to eat 3 meals a day and take time to prepare healthy, great tasting meals. If exercising, remember you will burn more calories, so eat plenty of carbohydrates, like pasta! And water, drink plenty of water!!



4. Wondering about weight? Be a fit kid!

Eat a variety of foods, especially fruit and vegetables, get plenty of exercise and have a healthy weight... you will feel great!



5. Be safe!

Take care at all times, but especially on busy crossings, at beaches, in foreign countries and when unsupervised by adults.... when most accidents happen.

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