



YOUR MAGAZINE

# *Healthy Living*

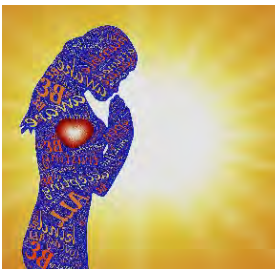
ISSUE 8, JUNE 20

**Welcome back to Your Magazine.**

**This week is about how we can be healthy**



**What we eat and drink is important for our health**



**Being healthy is taking care of our bodies**



**Being healthy is connecting with people we care about**

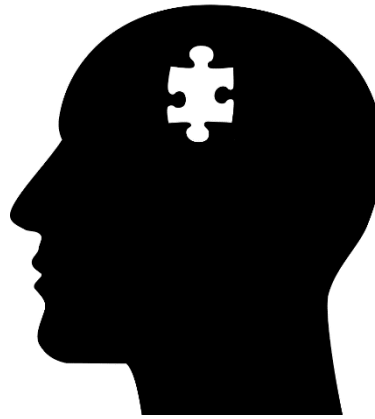


Remember your circles?

These exercises will help to make choices to keep you healthy

# Monday

Being healthy



Our mental health

Affects our physical health

Our physical health

Affects our mental health

Everything is linked



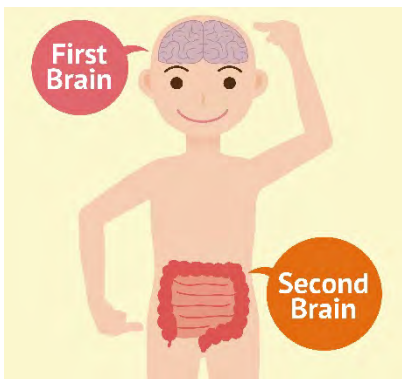


Who we mix with and having people who care affects our health



Did you know?

Loneliness has shown to be as bad for your health as obesity and smoking



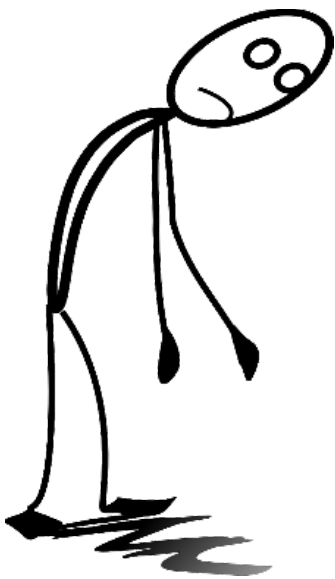
Did you know?

The bacteria in our gut can affect our mental health. Our gut talks to our brains



Did you know?

The more horrible things we experience as children the more likely we are to have illness as adults?

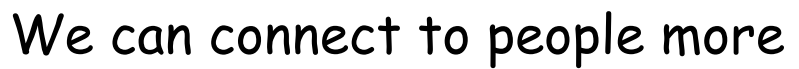


Did you know?

Not having enough sleep is bad for your mental and physical health



The good news is we can do things to make our physical and mental health better





Laugh and think of even the smallest things to be thankful for



Change starts with one small step

What small step could you do today to make your health better?

Today I will

.....

.....

.....



BEING  
CREATIVE



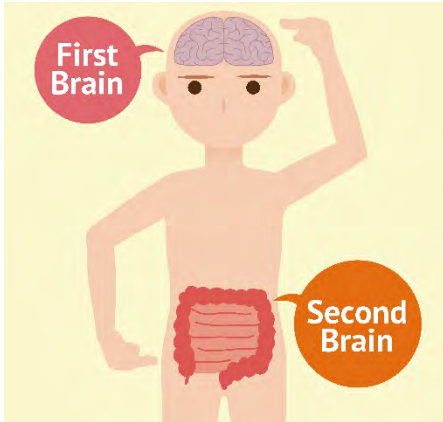
**ComParrot**  
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



**SPOT THE DIFFERENCE**

# Tuesday

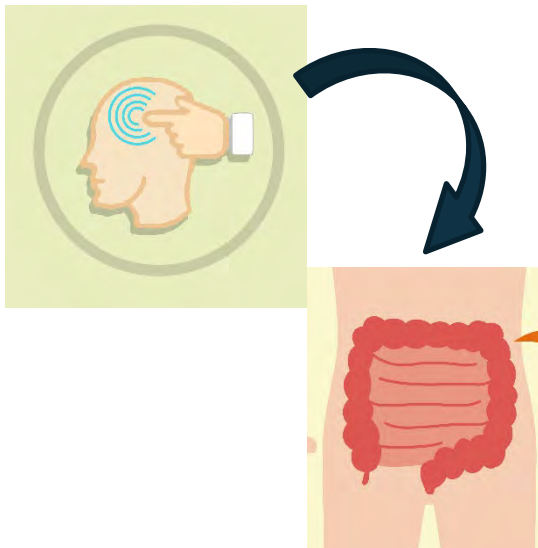


Our brains talk to our guts and say when they are upset or in danger.

This is helpful if you are in danger but not if you aren't.

Have you ever felt a change in your gut when you have been upset?

Do you find you don't want to eat or you want to eat more when you are sad or stressed?



This is normal

Our brains send messages to our guts all the time

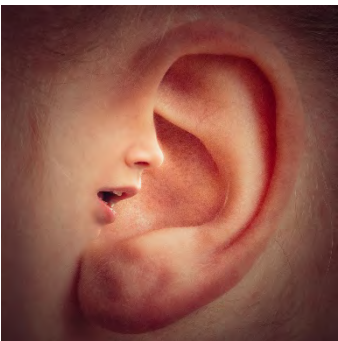
So how can we let our brains feel safe?



## Smells

Find a smell that makes you feel calm.

Make sure it is safe to smell. It could be a soap or perfume that reminds you of a happy time.



## Sounds

Listen to a piece of music that makes you smile and want to dance. Music can bring back great memories

## Taste



Try eating a piece of food you really love slowly. Smell it before you put it in your mouth and really notice the taste as you chew. See if there is anything new you notice about this food?

## Moving



Moving our bodies can really help to calm us down. Walking, dancing, running. Now TV show yoga and this is really helpful for helping our brains relax.

What could you do today to make your health better

Today I will

.....

.....

.....



## Word Search - Healthy Living



BODY  
DIET  
ENDORPHINS  
ENERGY  
EXERCISE  
FITNESS  
FRUIT  
GAMES  
HEALTH  
HOBBIES  
JOGGING  
LIFESTYLE

MENTAL  
MIND  
NUTRITION  
PLAY  
RELAXATION  
SLEEP  
SMOKING  
STRESS  
VEGETABLES  
VITAMINS  
WORKOUT

# Wednesday

## WHY DO WE SLEEP?

### Weight

Sleep can affect our weight. People who never sleep very well are more likely to be obese

### Mental Health

Sleep gives us mental strength to cope better. If people are depressed improving sleep can really help

### Brains

Dreams allow our brains to make sense of the day and put things in order

### Body

When we sleep our bodies heal from illness





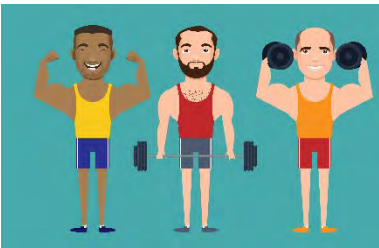


**How can we sleep better?**

**Go to bed and get up at the same time everyday**



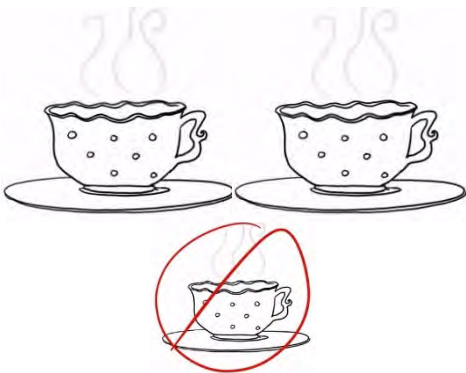
**Make your room as dark as possible when you go to bed**



**Exercise in the day but not close to bedtime**



**Don't watch TV before bed. Look at a book instead - or this magazine!**



**Don't drink more than 2 cups of tea or coffee a day**

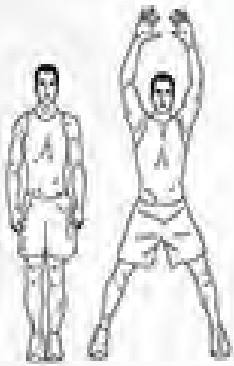
# LAST LIFE

DAREBEE WORKOUT

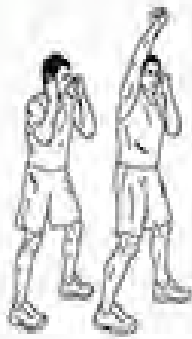


© darebee.com

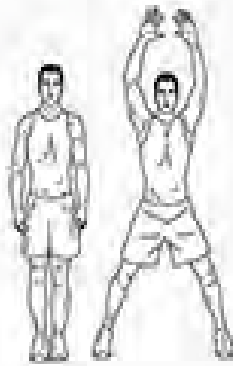
Repeat 5 times in total up to 2 minutes rest between sets



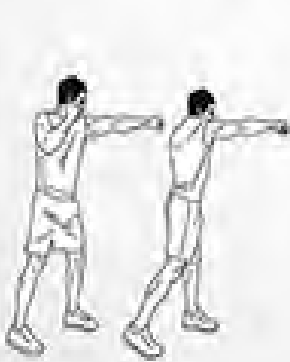
10 jumping jacks



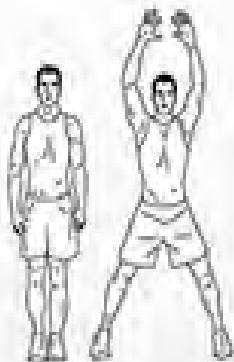
20 overhead punches



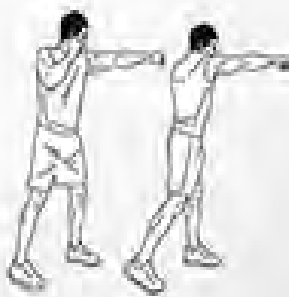
10 jumping jacks



20 punches



10 jumping jacks



20 punches

lets get

physical

Minutes worked:

\_\_\_\_\_

Feel good score:

\_\_\_\_\_

Remember to  
warm up before  
exercising and cool down  
afterwards! Simple  
stretches will help your

Be the best

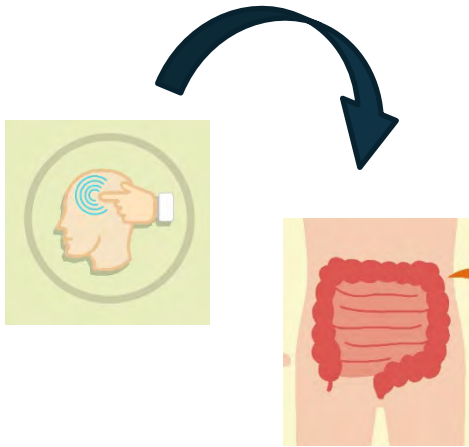
VERSION

OF YOURSELF

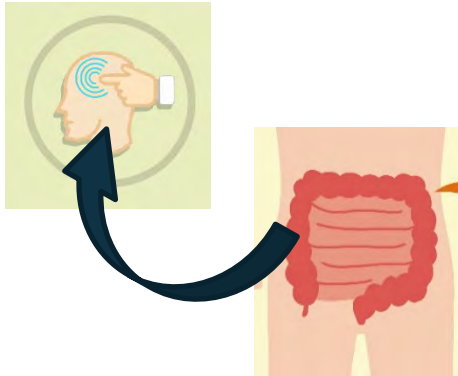
BEING  
ACTIVE



# Thursday

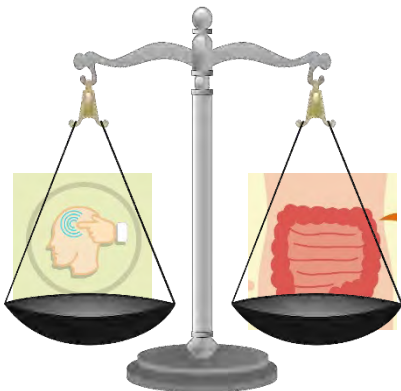


On Tuesday we looked at how our brains talk to our guts



Our guts talk to our brains too

So it is important to look after our guts and what we eat



If our guts are balanced then our brains will be more balanced



It can be hard to eat healthy in prison but it can be done



The more fresh food you eat then the happier your gut



If it grows and it is natural then better, so:



Fruit

Vegetables

Salad

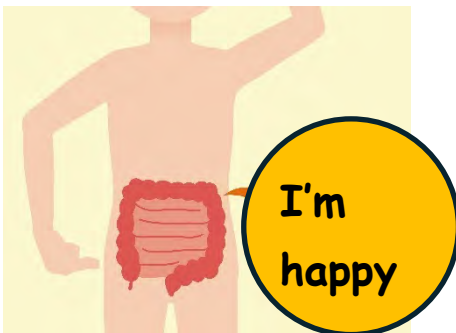


Food that is not fresh like pizza, burgers, crisp, and chocolate.

They are not so good for your stomach



It is about balance so if you add more food that grows to your diet each day this will cheer up your guts



Everyone is different so it is working out which foods suit you and make you feel healthier



# Friday



Laughing is good for your health

Laughing helps you feel less pain  
in your body



It makes your immune system  
strong



Your immune system is like an  
army in your gut that fights off  
illness

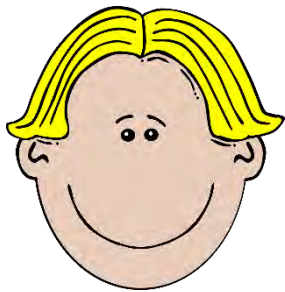


When was the last time you laughed?

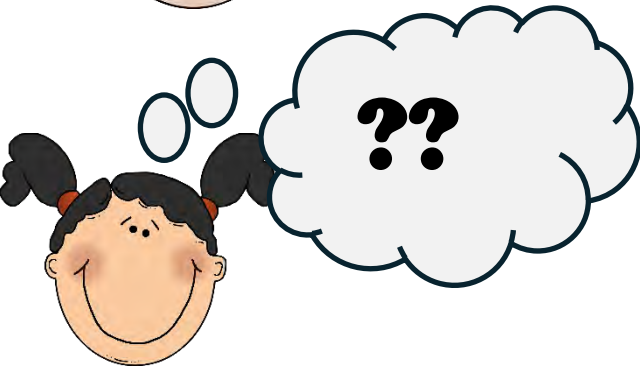


How did your body feel after?

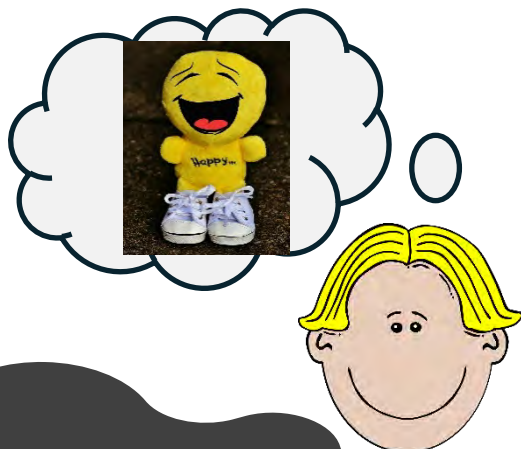
What is the funniest thing you have ever seen?



When you think about this what happens?



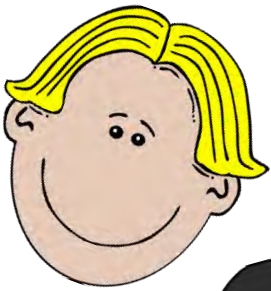
How can you add more laughter to your day?



## Being thankful



When we think of all the things we are thankful for this makes that army in our gut (immune system) stronger so we can fight off illness



It makes us more relaxed



Write down or draw 5 things you are thankful for

It doesn't have to be big things

It could be:



Thank you I have my eyes so I can see the world



Thank you I have my best friend who makes me smile



Thank you I have food to eat today

Thank you for my favourite TV programme



Thank you for my warm bed

What are your 5?

1. ....

2. ....

3. ....

4. ....

5. ....

lets get physical

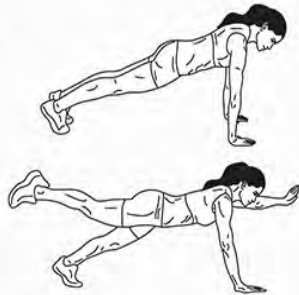
# CORE CONTROL

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



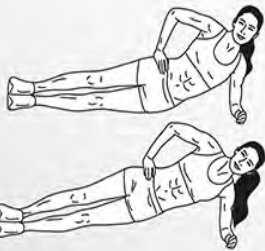
10 shoulder tap + rotation



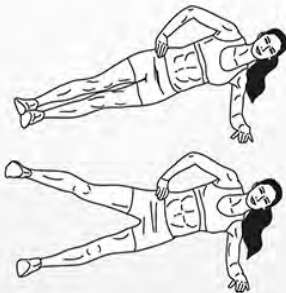
10 alt arm/leg raises



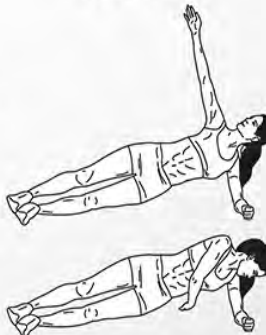
10 sit-outs



10 side plank raises



10 side plank leg raises



10 side plank rotations

BEING  
ACTIVE

glad I did it?

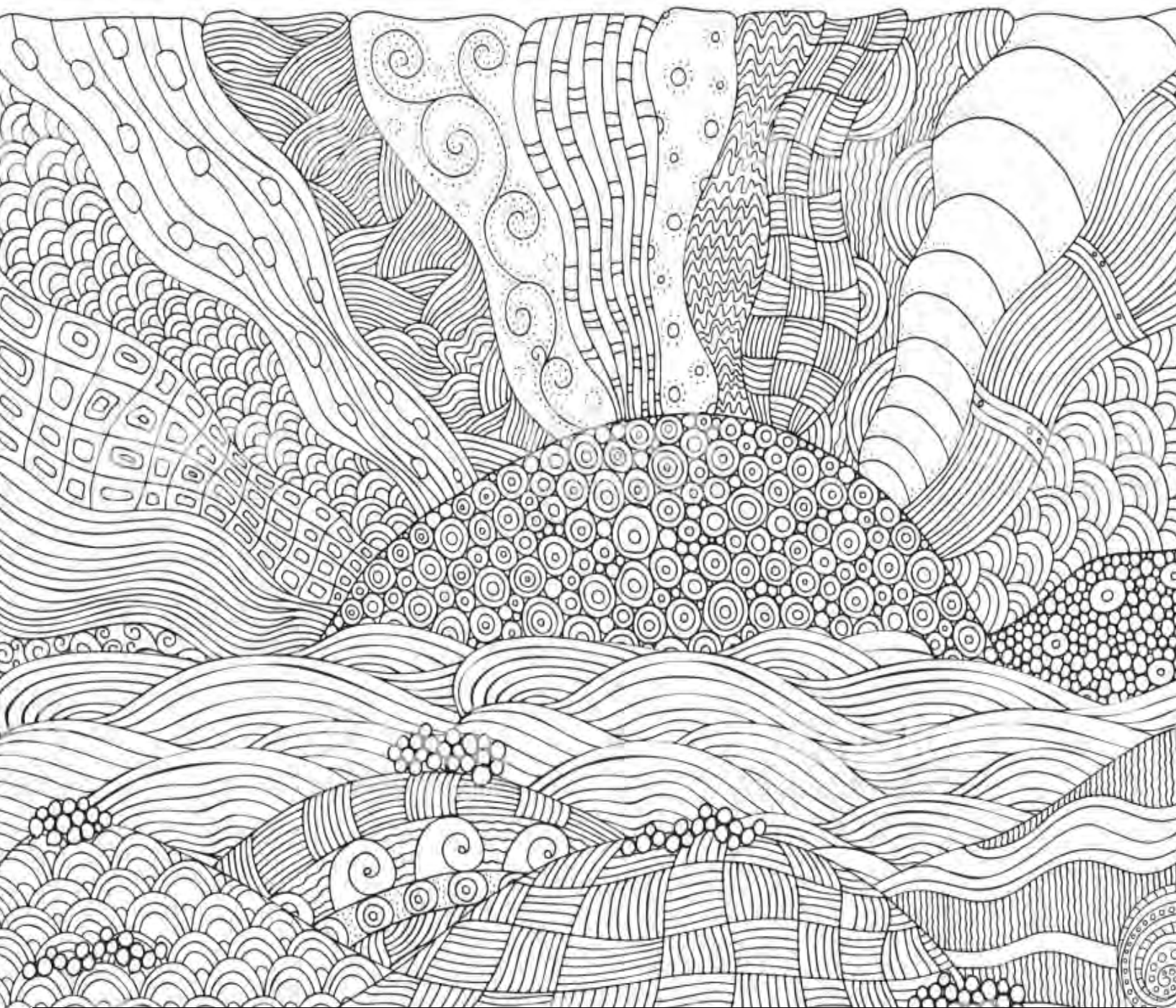
minutes worked:

feel good score:

Write down 3 things you like about your body:

Remember to warm up  
before exercising and cool down  
afterwards! Simple stretches  
will help your body cope with  
activity





**ComParrot®**  
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotz.com © 2008 Bonnie J. Malcolm





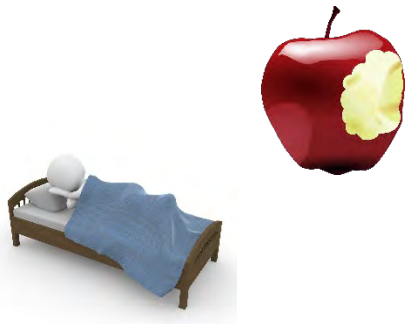
# MY VALUES

# Saturday

Values are things in our life that are important to us.

What is important to you when it comes to health?

Look at this list



**EAT HEALTHY FOOD**

**SLEEP WELL**

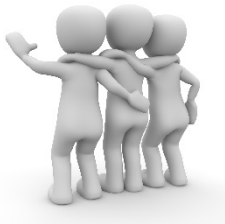
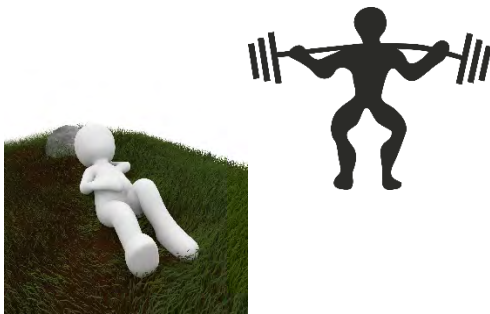
**EXERCISE**

**RELAX**

**BE WITH FRIENDS**

**LAUGH**

**BE THANKFUL**





WHICH IS THE MOST IMPORTANT?

---

WHICH IS THE NEXT MOST IMPORTANT?

---

WHICH ONE IS NOT IMPORTANT TO YOU?

---

Now you know what is important to you and your health!

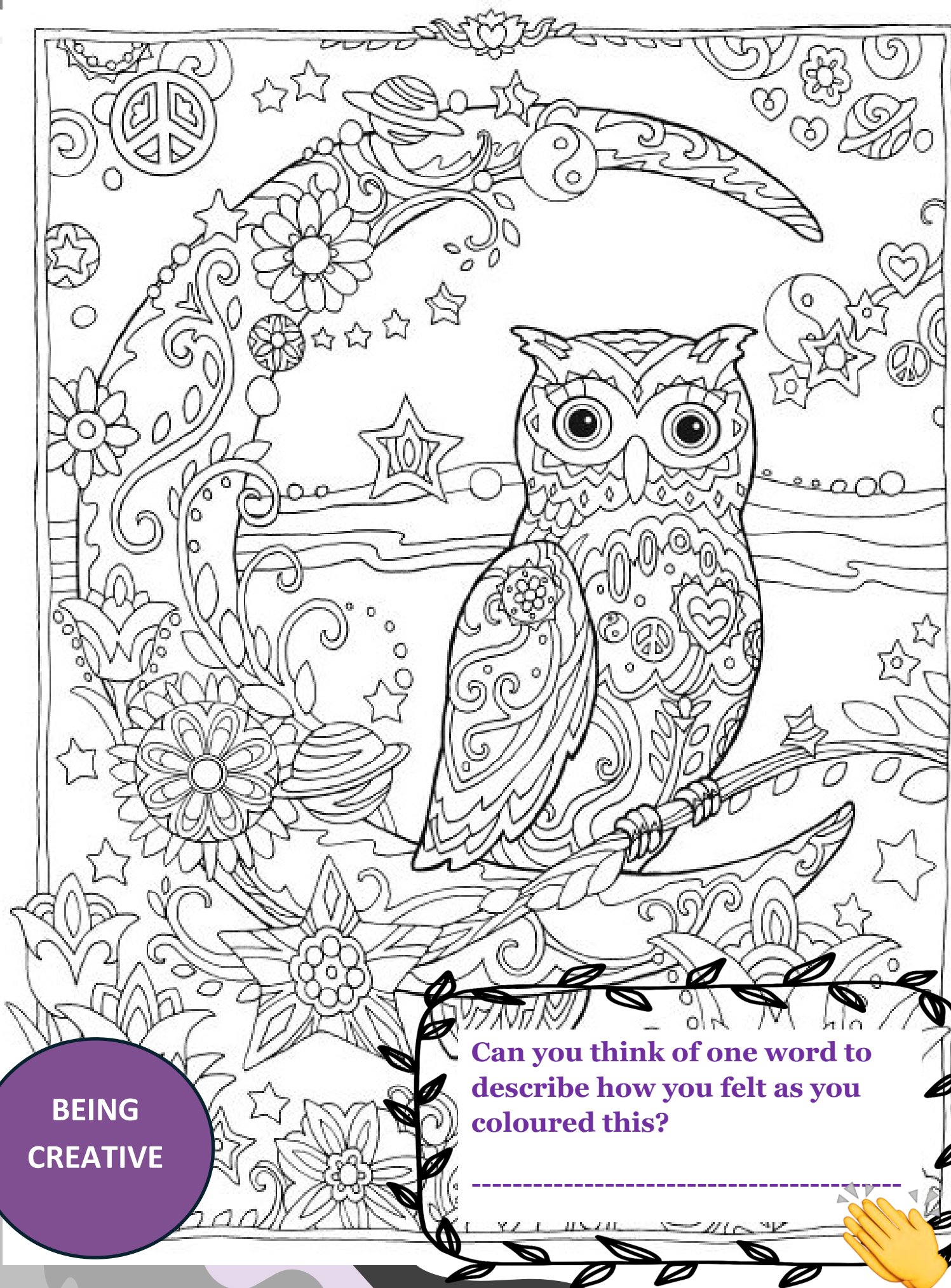
What can you do to make the top two areas you chose even stronger?

Set a goal for each one:

Goal 1 .....

Goal 2 .....





**BEING  
CREATIVE**

**Can you think of one word to  
describe how you felt as you  
coloured this?**

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# Sunday

FRIENDSHIPS ARE GOOD FOR OUR HEALTH

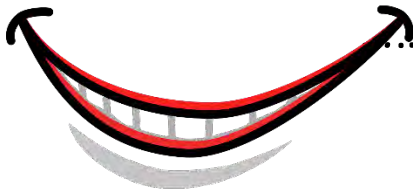
SHOW PEOPLE YOU CARE



WRITE THE NAME OF SOMEONE YOU CARE ABOUT

.....

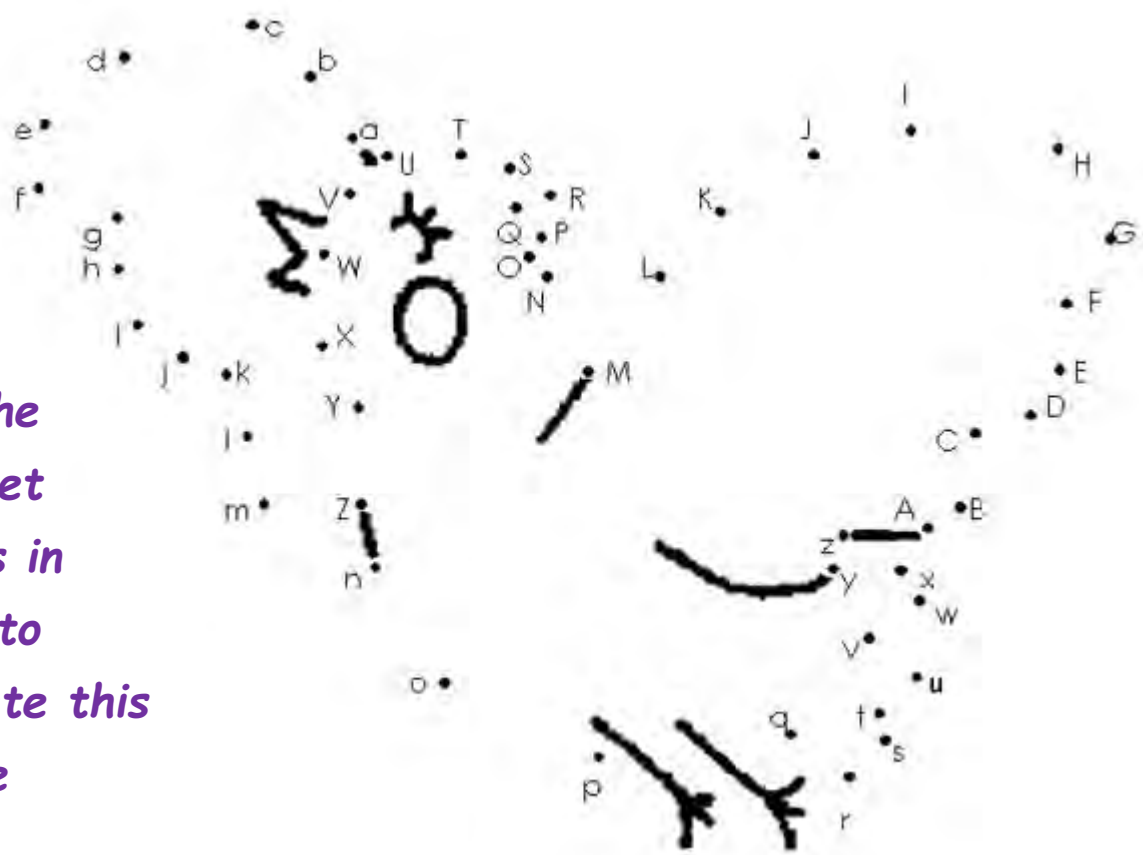
SAY SOMETHING THAT YOU LIKE ABOUT THIS  
PERSON



NEXT TIME YOU SEE/TALK TO THIS PERSON- LET  
THEM KNOW



Join the  
alphabet  
letters in  
order to  
complete this  
picture

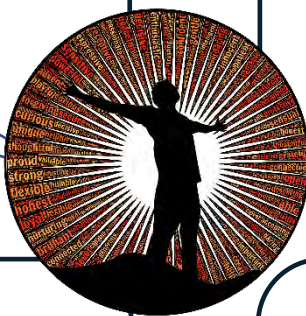


This cup is  
your healthy  
living right  
now How

# Your Week

STORYBOARD – RECORD YOUR LAST SIX DAYS IN ANY WAY YOU LIKE.

I'm thankful  
for....



I never thought  
about smell  
helping before

