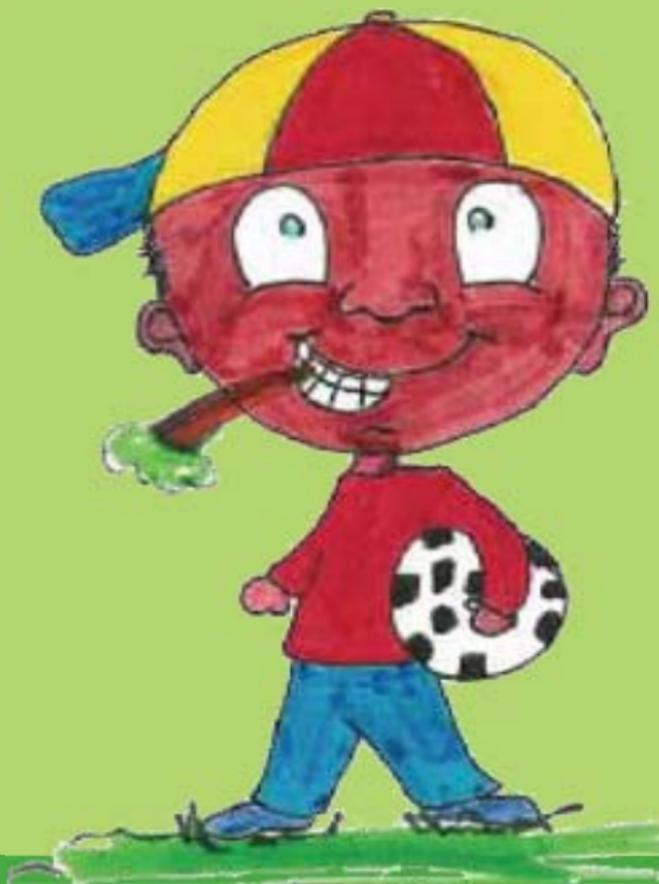


Is your Physiotherapist Chartered?



Eat well,
Play well
& Be Fit.





If the amount of energy (food) that you take into your body is greater than the amount used (through activity) an imbalance occurs which can lead to weight-gain. Although everybody is a different shape and size, being unfit or overweight can cause health problems for your heart, lungs and joints and can also make you unhappy.

In order to be happy and healthy it's important to be physically active (by playing games or sports) and to eat a balanced diet.

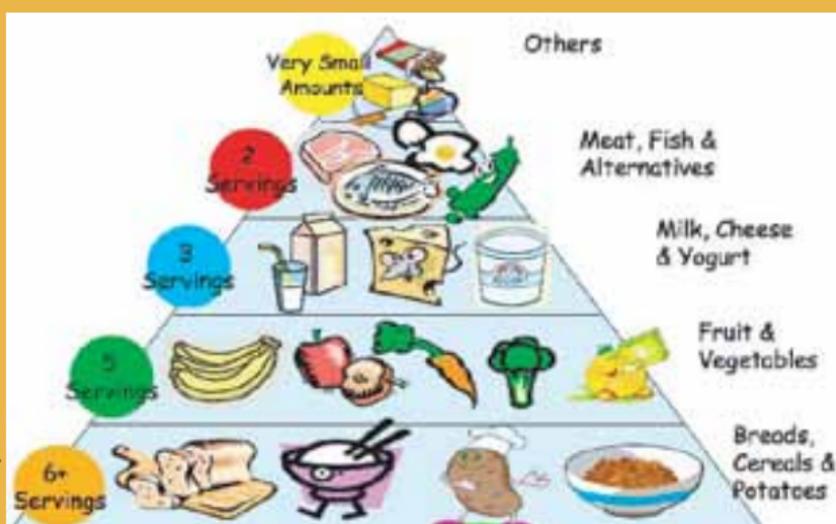


Eating a healthy diet, means eating a variety of foods and making sure that you eat the correct portion size for your age and activity level. The food pyramid has been developed to help you make the right choices.

Experiment with lots of different foods and learn how to make your own sandwiches. Then you and your friends can bring them to school for lunch !!



THE FOOD PYRAMID



Healthy Eating Tips:

- Don't skip breakfast.
- Avoid sugar-sweetened cereals.
- Aim to have breakfast, lunch, a main meal plus 2-3 healthy snacks (yoghurt, nuts, raisins, fruit) at regular times each day.
- Follow the food pyramid.
- Eat 5 pieces fruit and/or vegetables every day.
- Eat at a table and avoid other activities when you are eating.
- Drink water or sugar free squash (avoid drinking sugary/fizzy drinks).
- Never eat fast-food more than once a week.

Physical activity (active playing) is when you use your muscles to move your body. Every day, you need to do at least 60 minutes of physical activity that makes your heart beat faster. Spend 5-10 minutes warming up and stretching. Wear comfortable clothes and drink plenty of water. When you're finished your activity be sure to do a proper "cool-down" (this is when you do an activity slowly eg. Walking).

It might be hard to remember to be active every day but it's important to try!

Physical activity, games and playing are important because they:

- Help you to make friends and to have FUN
- Help boost your confidence
- Make your bones and muscles stronger
- Make your heart and lungs stronger
- Make it easier to concentrate at school
- Make it easier to sleep well

Activity Ideas

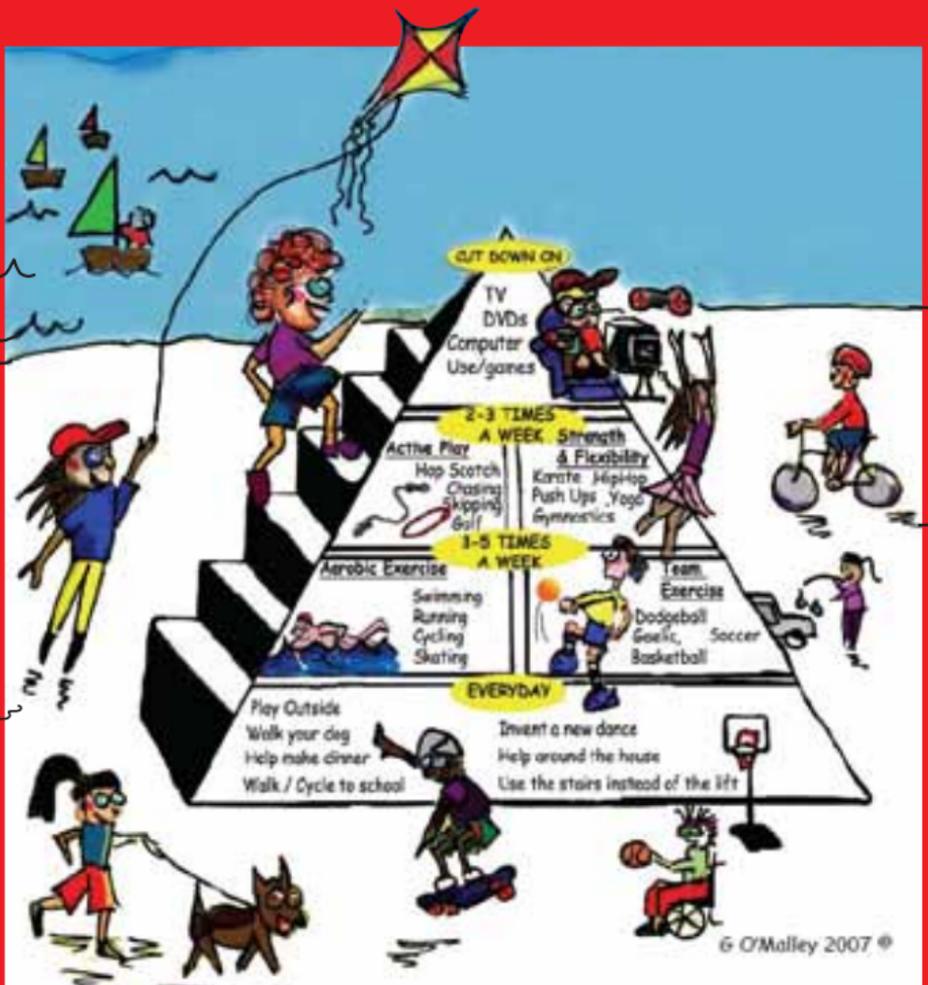
- Take your dog for a walk
- Walk or cycle to school
- Play a team sport after school
- Invite your friends, a parent or family member to get involved in games and activities with you
- Listen to music that makes you want to dance!
- Go swimming
- Learn how to take photographs
- Go on a nature walk, ride your bike or play hide-and-seek!
- In rainy weather, set up an indoor obstacle course
- Put on a talent show
- Learn how to cook
- Tidy your room and help with chores around the house

If you feel that you are not good at sports, build your confidence by practicing with friends or family. Set yourself and your family an "activity goal" each week and fill in an activity diary.

TV Tips:

- Think about how much time you spend watching TV / DVDs or using other electronic gadgets
- Spend no more than 2 hours watching TV, using your computer or texting each day
- Use a TV-guide to plan what you will watch for the week
- Only watch TV AFTER you have finished your physical activity for the day
- Try to have 1-3 TV Turn Off Days per week
- Avoid using the remote control!

Use the physical activity pyramid to help you choose the right activities:





Now that you know more about eating healthily and being active you can start to make some changes. But remember, it can be hard to achieve big changes in one go. Instead, think about what smaller steps or goals you could take to reach your aim.



Irish Nutrition and Dietetic Institute



CHARTERED PHYSIOTHERAPISTS IN PAEDIATRICS

Contact: CPP,

Clinical Interest Group of Irish Society of Chartered Physiotherapists,
123, St Stephen's Green, Dublin 2

Phone: (01) 402 2148 Fax: (01) 402 2160

Email: info@iscp.ie www.iscp.ie / www.physicaltherapy.ie