

A healthy body

How do you keep yourself healthy?

Make a list of the things that you do to keep healthy.

There are lots of things that you do to keep healthy including getting enough sleep, keeping your body clean, eating a balanced diet, drinking water and exercising.

Keeping yourself healthy is very important.

Why is it important to keep healthy?

Watch the following clip to find out why it is important to keep healthy.

<https://www.bbc.co.uk/bitesize/clips/zgtr82p>

Our activity for today is to make a poster to tell others what they need to do to keep healthy. Start off your poster with 'To stay healthy...' and then decide what you are going to draw and write about. Here are some examples of posters.



Making healthy choices requires motivation

Most people know how to keep themselves healthy but sometimes people find it difficult to stay healthy. Making healthy choices requires motivation.

Challenge – Can you make a slogan or motto (a saying) that will help people to make healthy choices.

For example, Nike's slogan to encourage people to exercise is 'Just do it!'