

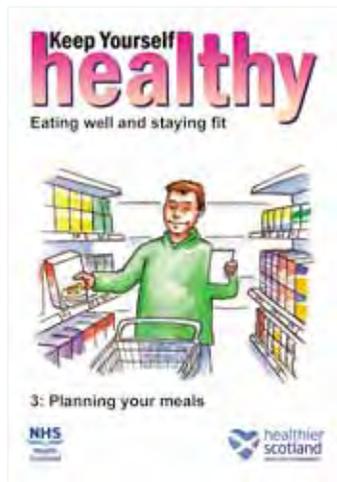
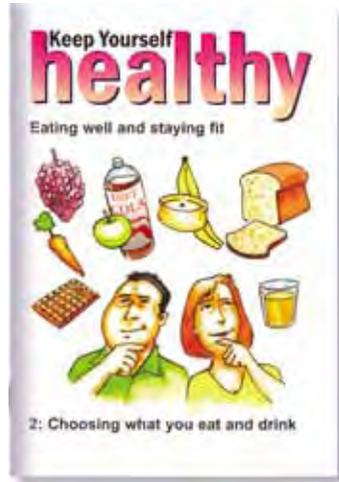
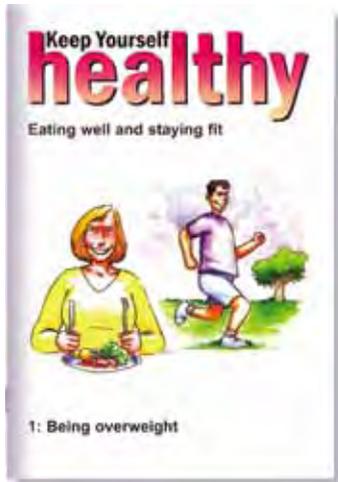
Keep Yourself healthy

Eating well and staying fit



4: Staying fit and healthy

Also in the Eating well and staying fit series:



You can read these other booklets:

- 1: Being overweight
- 2: Choosing what to eat and drink
- 3: Planning your meals

This booklet will tell you why taking lots of exercise keeps you fit and healthy.

Exercise is also called staying fit.



To keep healthy you must take lots of exercise and eat healthy food.

It is important to stay fit.



Exercise keeps your heart and muscles strong.



Exercise keeps your bones strong, and makes you sleep well.

Exercise also helps you to:



Lose weight



Feel well



Like the way you look



Have lots of energy

To keep healthy, everyone needs to do exercise most days of the week.



Walk to the bus stop.



Do some housework.



Take the stairs.



Do the shopping.

It is good to do exercises that make our heart and muscles work harder.



Cycling



Fast walking



Swimming



Dancing

Getting started with your exercises.



Before you start exercising, it is a good idea to get a check-up with your doctor.



Some people join a gym or fitness centre.



Some people join a group, or exercise with friends.



Some people are happy to exercise by themselves.

It is important to keep doing your exercises to stay fit and healthy.



Choose an exercise you enjoy.



Try different things.



Plan to do exercises during the day.



Have fun!

Eat well and stay fit!



If you eat healthy foods and take lots of exercise you will stay fit and feel good.

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