



## Healthy Heart and Body

Your heart beats slower during resting times.

Your heart beats faster with physical activity.

How it changes:

At rest/exercising

Chances are you exercise all the time with the activities you are in. Let's name some activities.

**Aerobics**= continuous activity where your heart and lungs work together to supply oxygen to your muscles. Name some activities that you think fit this. (Running, walking, dancing)

**Anerobic**=short bursts of energy. Name some activities. (sprints)

**Resistance**= increase muscle mass strength. (sit ups & push ups)

**Flexibility**= centers on your body's flexibility. (gymnastics, ballet)

Do you exercise daily?

Exercise is good for your heart, and it also helps with burning calories and fat from the foods we eat.

## Healthy to eat

You are what you eat????? A good balance of food helps your body and immune system.

Food groups: Vegetable, Fruit, grains, meat and dairy. BALANCE

Vegetables provide us with vitamins, minerals.

Fruit provides us with vitamins and minerals.

Grains provide us with (carbohydrates) providing us energy. Such as breads and pasta.

Meats provide us with protein, minerals, and vitamins. Meat, eggs, beans, and nuts, build muscle.



## **Sport activities and attitude**

Sporting activities are not only a great way to exercise but you also can work at teamwork, friendships, strategies of the game, and sportsmanship.

Name some sports where there are more than one player.

Games such as chess, checkers, hopscotch, tag, dodgeball and many more, are focused more on strategy and less physical activity others low to medium physical activity is involved.

What games can you do Indoor-outdoor?

Your attitude plays a role in playing well or even winning at a sport activity, even being a good loser. Having a good and hopeful attitude is always healthier. Learning how to strategize can always help later on in life's challenges, that you face growing up.

As you become an adult knowing about sports, the rules and such can make you a better conversationalist. Keep in mind that not everyone has the same likes for teams and such.

## **Good Drugs vs Bad Drugs**

**Firs**t of all you have to think of your body as a sponge, anything you put into it will affect it. Especially children. Some drugs can do serious damage to the body.

There are many kinds of drugs. There are **good** drugs we take to make ourselves better if we are ill.

Sometimes a Dr. has to see us first to make sure he gives us a prescription for the right medicine. Some drugs are over the counter but parents have to decide which one is best and how much we have to take which is listed on the bottle or package for your age, weight and how often it should be taken.

No matter what, you should never take any kind of medicine on your own, a parent or caregiver must make the decision.

Some drugs taste sweet but you should not take it without permission and only take the right dose.

You should never take medicine that is meant for someone else. Your bodies may not react the same way.

Medicines are designed to help us feel better and get well. Then we do not have to take them anymore, unless we get ill again and are directed to.

Name some good medicines:

**Bad drugs.** Taking someone else's medicine or prescribed drug is very bad for you. This is abuse and can make you sick or even kill you. The drug affects can be different for you than the person it is prescribed for.

There are drugs that drug dealers sell that are illegal. **NOONE** is supposed to take them. They do not cure any illness and can possibly kill you. You will be lied to and