



Shapes and sizes

Treat your body well. Your body is the only one you're ever going to get!

It might not look exactly as you'd like, but your body does so many amazing things for you. Of course there is no 'perfect' body shape or size and there are some things you can't change about your shape or size, like your family history. BUT there are definitely ways to have the healthiest body you can!

Speaking kindly about your body, finding exercise and activities that you love, eating mindfully and taking time out to rest can all help you be a healthier, happier you!

To put your best foot forward, consider these tips:

- Aim to choose most of the food you eat from the five food groups. These foods are 'everyday' foods. To give your body the nutrients (vitamins and minerals) it needs for good health, eat a mix of 'everyday' foods from each of the five food groups every day.
- Be mindful of 'occasional' foods such as sweets, chocolate, ice-cream, cakes, muffins, sweet or energy drinks, chips, pies and biscuits. They are high in fat, sugar and salt, and generally taste sweet, salty and/or fatty. They are okay to eat sometimes (not every day) in small amounts.
- 'Occasional' foods often have high energy (kilojoule) content BUT just because a food has high energy content doesn't mean it will you feel energetic. For energy to keep going at your best, make healthy 'everyday' foods the main foods!
- If you feel peckish (and dinner isn't about to be served), snack on a crunchy piece of fresh fruit, some celery or carrot sticks, spoon some natural yoghurt in a bowl and sprinkle some chopped fruit on top or grab a small handful of nuts. Nothing healthy in the fridge? Ask mum or dad to buy some fruit and vegetables for you when they next visit the supermarket so there's always something healthy for you when you feel like a snack.
- Switch off the TV and sit down at the table with the rest of the family to eat dinner. I'll bet dinner has never tasted so good before!! (Was that broccoli I just ate...?!!)
- Limit your screen time (that's right, iPads, computers, video games etc) to two hours a day, at most. You know what, less is best! Try kicking a footy outside instead, or playing a board game, or making up a dance with your sibling or friend. Sitting down, staring at a screen for too long makes your body sluggish and slow. Get it moving instead and speed it up!! Remember, practice makes perfect!!
- Do you eat when you are bored? Or when you're trying to put off starting your homework? Often these are the times we choose more of those sugary, fatty, salty 'occasional' foods.



If this sounds like you then think of other ways to beat your boredom. Keep yourself entertained by doing fun things like craft, going for a walk or hanging out with friends or family. Try having a big drink of water as sometimes being dehydrated can make you feel tired and cranky. And remember, if you are putting off your homework, it still needs to be done at some point, so get it done so you can go out and have fun!

See you next year at the STC – as a faster, fitter, stronger, healthier you!!