

Keeping your body and mind, strong and happy!

School, family life, household chores, catching up with friends, plus outside school activities ... and “life” in general, not to mention the COVID-19 way of life we are now in, can sometimes lead us to “just getting on with things” and this can leave you feeling run down and tired. It is easy to say “I’m fine” and just keep on going – and whilst our body may feel fine, we also need to look after our mind: our mental health and wellbeing is **just as important** to living a well-balanced, happy and healthy life as the foods we eat, and the physical activity we do!

We all know that eating healthy food and regular physical activity is important to keep your body healthy, but did you know that doing these things also keeps your mind strong and happy too?

Food and physical activity have a big impact on the way we think and feel.

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Like the way petrol provides fuel for a car, food provides fuel for both your body and your mind. Eating a healthy diet with lots of variety keeps our mind strong and happy. It improves our mood, gives us more energy and helps us think more clearly.

Our body gets vitamins and minerals from the food that we eat. But why do we need them? Our body is constantly doing lots of internal jobs to keep us alive and to go about our day, for example our heart to beat and our eyes to see. Our vitamins and minerals are the workers that do all these jobs. Without eating food that is rich in vitamins and minerals every day, our body doesn’t have enough workers, and the jobs don’t get done!

This can lead to us feeling tired, getting sick, or being in a bad mood!

