



## What Is Happening To My Body?

When you become a teenager your body starts to change. You may have noticed that you are growing taller, getting curvier or perhaps have gained a little bit of weight.

When your body starts to change, this is a time when you need to look after yourself.

You can do this by feeding your body the right foods and being active every day. This way, you will be as healthy as you can be!!

Also, being healthy now will make it easy to be healthy when you are an adult.

## What Should I Be Eating?

You should be eating wholesome foods every day. Try a little bit of everything every day!

### This includes:

- ✓ 2 fruit and 5 vegetables.
- ✓ Lots of wholegrain breads and cereals.
- ✓ Meat, fish, chicken, dairy foods and nuts.<sup>9</sup>

### Try to avoid eating:

- ✗ Fast foods and fried foods
- ✗ Sugary drinks
- ✗ Chips
- ✗ Pastries and biscuits

## When you're thirsty, drink water or low fat milk.

If there are fruits or vegetables you really like, then ask Mum and Dad to buy them for you.



Try different foods each week. Being creative with your food will stop you from getting bored. Different foods also give you different vitamins and minerals.

## How Active Should I Be?

You should be active every day for at least 60 minutes. You can do this in bits and pieces across the day. Being active is important! Have a read of the 'Be Active' sheet.

Activity can be either moderate or vigorous.

**Moderate** activity includes things like walking the dog, riding a bike and doing some gardening.

**Vigorous** activity should make you huff and puff. This includes things like dancing, playing volleyball or swimming laps in a pool.



Before you start a new activity ask yourself these questions... ☺

- ☼ Is it fun?
- ☼ Is it safe?
- ☼ Do you have enough time to do it regularly?
- ☼ Do your friends enjoy doing it with you?

If you answered 'yes' to most of these questions, the activity sounds perfect for you. Choosing the right activity makes being active easy.

## What Else Can I Do?

### Walk or ride to school!

You can walk or ride to school every day. This is an easy way to be active and spend time with friends.



### Watch less television!

You can watch less television. If you want to watch some of your favourite shows then do, just try to limit it to two hours a day of sitting still. After this time, get up and move around.

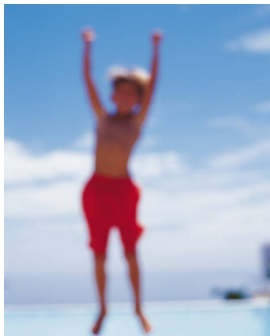
Go to the park and kick a ball.



Throw a Frisbee.



Jump on a trampoline.



Or even dance around the house to your favourite song. Whatever you do, **BE ACTIVE!**

### Lunch Box Top Tips

Packing a lunchbox is a great way to eat healthy foods every day.

Make sure you pack enough food to get you through the day. Choose foods that will last so that when it comes time for lunch you don't have a soggy sandwich to eat!

Don't forget to pack some extra snacks and a bottle of water and you're ready to go! For great lunchbox tips see the Lunchbox Tips chart or visit Lunchbox World at [www.meerilinga.org.au](http://www.meerilinga.org.au)



Pack your lunchbox carefully to stop it from rolling around in your bag.

### After School

At the end of a long day at school you are usually pretty hungry!

Talk to Mum and Dad about the foods that you enjoy eating when you get home at the end of the day.

Decide together what is good to eat everyday and what should only be eaten once or twice a week.

Snack on the foods that Mum and Dad provide at home rather than buying foods from the shops on the way home.

### What To Do When It Feels Too Hard?

You may have days when you feel tired and fed up with everything.



😊 That's ok!

Make sure you have people you can talk to when this happens.

You could talk to a buddy that you may be exercising with, other friends at school, your brother or sister, your parents, you could even keep a diary and talk to yourself about it!

If you don't feel like you have anyone to talk to then ask Mum or Dad if they can arrange for someone that you can talk to.

### Don't Forget To Reward Yourself

After a couple of weeks of eating lots of wholesome foods and exercising, you might notice that you feel healthier. This could mean feeling less tired at school, sleeping better or feeling less hungry.

If you feel you have done really well then do something that makes you feel good. **Reward yourself!!**