

# HEALTH & FITNESS

There's been a lot of talk in the media lately about the health and fitness of Australians and what we should be doing to improve it, but do you really understand what health and fitness is all about?

## WHAT IS HEALTH AND FITNESS?

Health refers to your overall level of physical, mental and social well-being, meaning how you are feeling. If you have positive thoughts and attitudes, if your bones, muscles and organs are in good condition, and if you are getting enough nutrition to help your body function at its best. Many people believe health and fitness are the same thing, but there is a difference. Fitness looks at the physical components of your body- such as your muscles, the amount of fat on your body, and your level of strength, endurance (the ability to continue activities for a long time) and flexibility (being able to go through lots of movements without pain or stiffness) when exercising.



## DID YOU KNOW

- Flossing your teeth can improve your health! It has been proven that by reducing plaque on teeth; you can improve your health. The bacteria which form plaque give off harmful gases which are damaging to your health.
- The more you smile, the longer you live... smiling and laughing releases endorphins into the bloodstream which help you to relax, which reduces stress! Stress has bad effects on our body, so go on, have fun!
- Humans produce a little more than 2 litres of sweat each day. Sweat is lost water, which means we need to replace the water we lose to stay hydrated for health and vitality. You should drink between 2-3 litres of water each day just to replace what you lose!



## WHAT CAN I DO TO IMPROVE MY HEALTH?

There are many things you can do to improve your level of health. Have a read through the list below and see if you can give your body a healthy makeover!

- Walk the dog every day.
- Ride your bike to school, but remember to wear a helmet!
- Take up a sport in your local community, there are plenty of clubs to join.
- Swap playing a video game for playing a game outside.
- Eat fewer snacks and choose a piece of fruit instead of something unhealthy!
- Choose water instead of soft drink.

Just by making these few simple changes to your everyday routine, you will be improving your health and fitness.

