

## THE RIGHT BALANCE

When you

- have a good diet
- are fit and alert
- are relaxed and well rested

your mind is sharp and you are able to give your best in all activities you do.

The key is to care for the body and mind together.

**Exercise** improves the way your body operates

- it must be regular; at least 3 times per week for 20 minutes

**Diet** is the fuel that your body requires to function

- it supplies energy, brain food and the most important meal is breakfast; drink at least 2 litres of water daily.

**Relaxation** allows both your body and mind “time out”

- it encourages positive attitudes and is a reward for good efforts.

**Sleep** is quality time for both your mind and body to tune up for the next day

- a minimum of 9 to 10 hours sleep allows growth hormones to be released from your brain; a must for your development physically.

**Eyes** need to be cared for properly because they do a lot of work and good sight is a must

- wear sunglasses, avoid glary light and close them for short periods of time often.

A well **balanced** lifestyle will help you progress and achieve success.

*“What the mind can conceive, the heart can believe and the body can achieve.” Anon.*

## MY HEALTH

The state of your all round health affects everything you do. When you are well, your learning certainly benefits.

Reflect on each of the following areas of your health and rate them from 1 to 10. Set a target rating to achieve by the end of the year.

CURRENT	TARGET
Exercise:	
Diet:	
Relaxation:	
Sleeping Patterns:	

*“Your health is your wealth.” Anon.*