

Hi Ark Paddington Green

Date: 23/01/2017

This week in MEND in Schools we are learning about the **heart and lungs!** To help keep our heart and lungs healthy we should do a mixture of **moderate intensity** and **vigorous intensity** physical activity everyday as well as eating a **healthy balanced diet**.

The intensity of exercise depends on how hard you are working and how much energy you are using up.



Moderate activity is when you are working hard enough to raise your heart rate and break into a sweat. Walking to school is a great type of moderate activity.



Vigorous activity is when you're breathing hard and fast and your heart rate has increased significantly. Going swimming at your local leisure centre with your family would be fantastic vigorous activity.

Did you know children should aim to do **60 minutes** of moderate/vigorous activity everyday! This might seem like a lot but you don't have to do it all at once! For example, you could do **20 minutes walking** to and from school, **10 minutes running** around at break time and **30 minutes swimming** after school.

Adults should aim to do **150 minutes** of moderate aerobic activity every week as well as **strength exercises** on 2 or more days.

Whole school weekly challenge

Physical activity

- Go for a walk for no reason



SUPERDUDE TIP - . Walking can be relaxing, gives your mind a break and gets you moving too!

Nutrition challenge

- Find out how your favourite vegetable grows! (tree, in the ground, on a vine...)



SUPERDUDE TIP – Have a discussion with your parents to help you find out.

GOOD LUCK!

Let us know how you get on! If you need any support in succeeding in your weekly challenge, we are happy to help!

Hilal & Holly