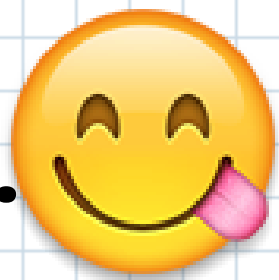


PE.....



By: Lulu

What does being fit and healthy mean to you?

1. Healthy and fit mean to me.....

Being fit and healthy is to eat healthy food. For example:

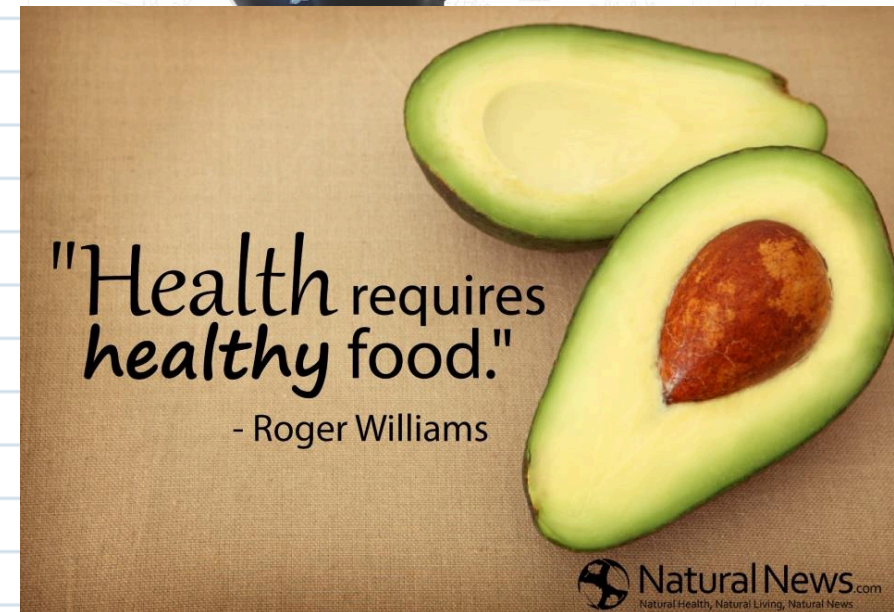
Breakfast: Milk, Egg, Bread, Fruit, Oatmeal, Yoghourt, Vegetable.....

Lunch: Rice, Noodle, Vegetable, Fruit, Pizza, Meat.....

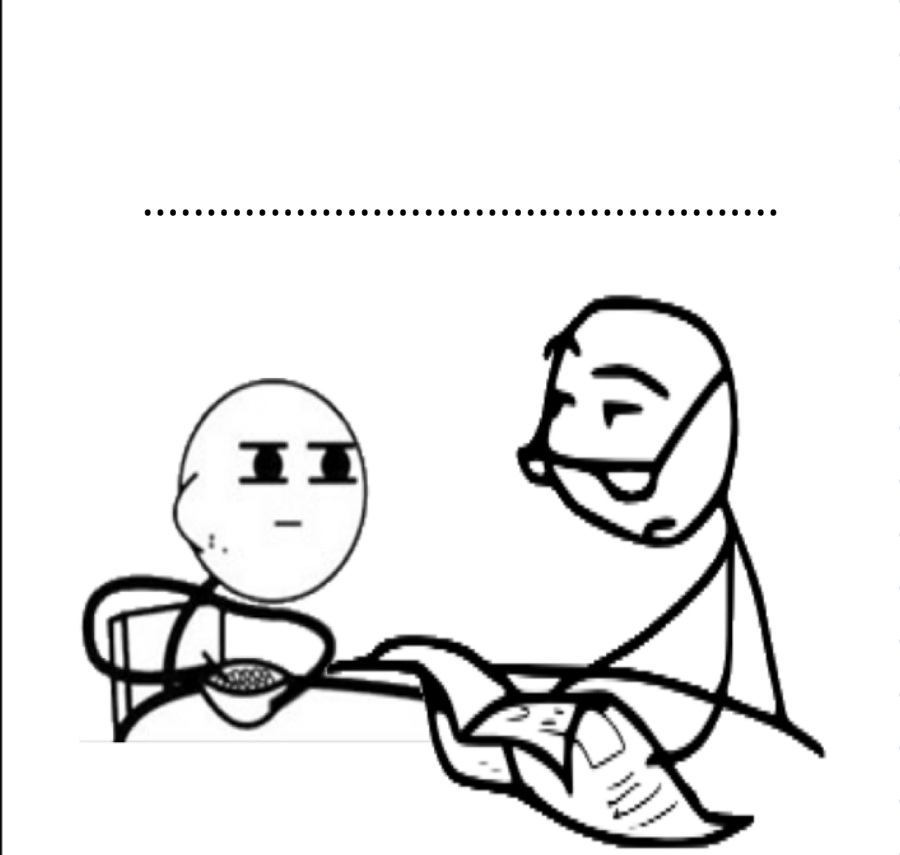
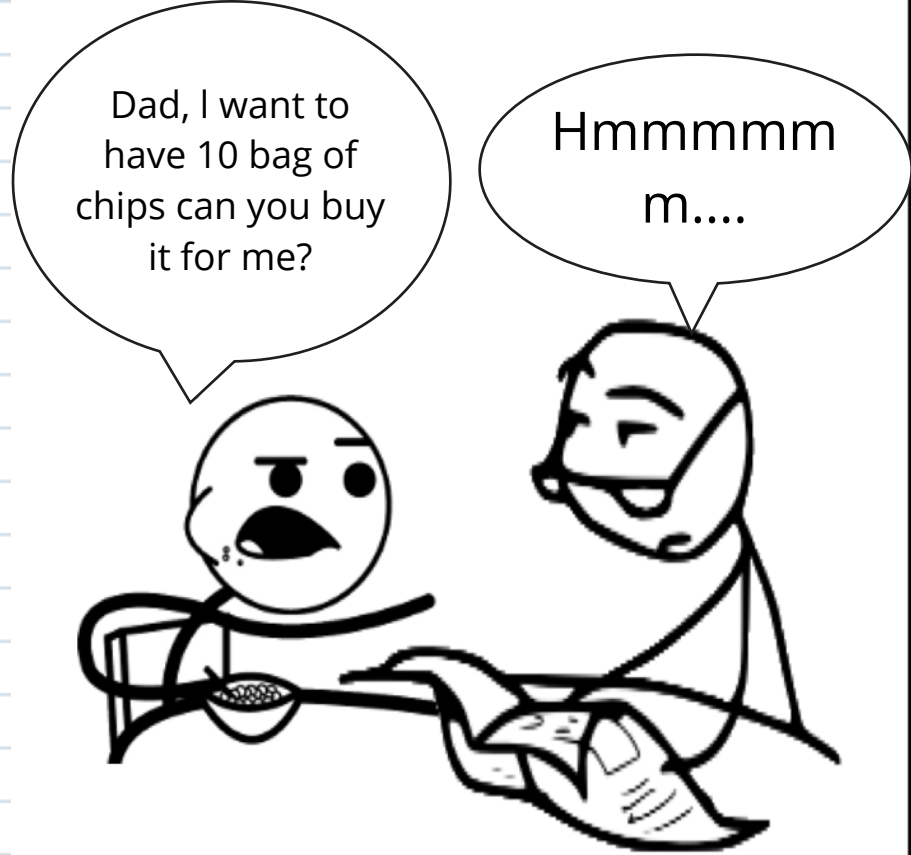
Dinner: Vegetable, Rice gruel, Little bit Meat, Noodle.....

Before you go to sleep: Yoghourt

9 TOP FOODS FOR BRAIN HEALTH



Fun activity!



Fun activity!

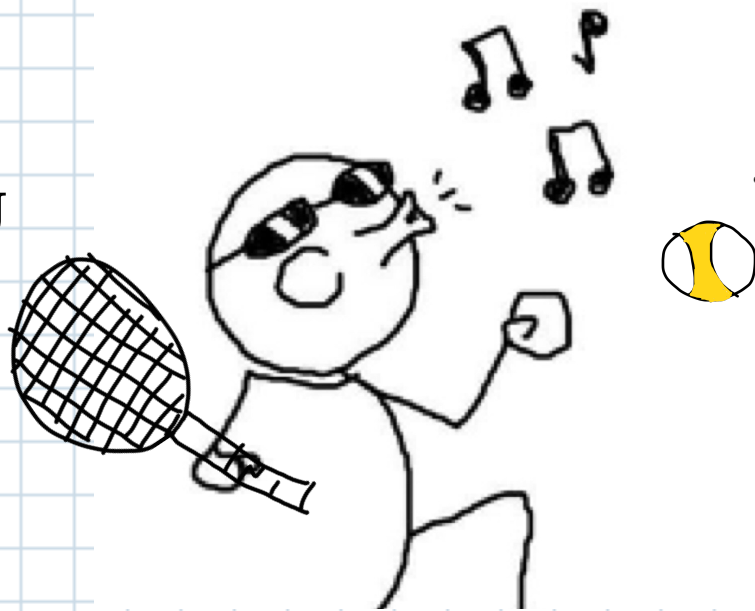
2. Healthy and fit mean to me.....

Being fit and healthy is to exercise.

For example:

- Ride bike
- Running
- Walking
- Swimming
- Yoga
- Plank
- Sit up
- Football
- Basketball
- Tennis
- Golf
- Badminton
- Meditation

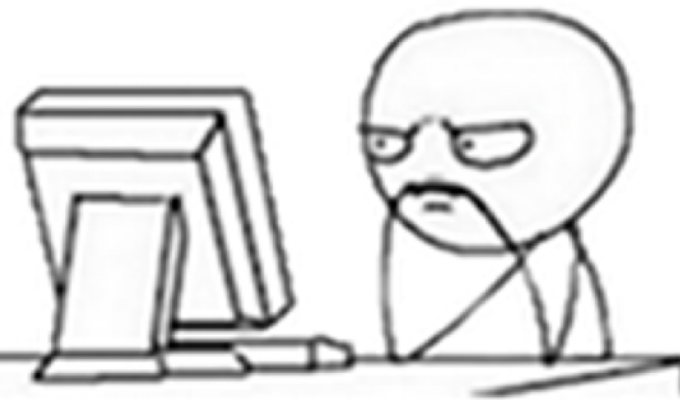
.....



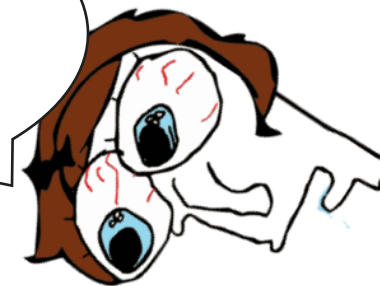
Fun activity!



Alex! Stop watching your computer! Go outside and breath some clean air, and do some exercise!

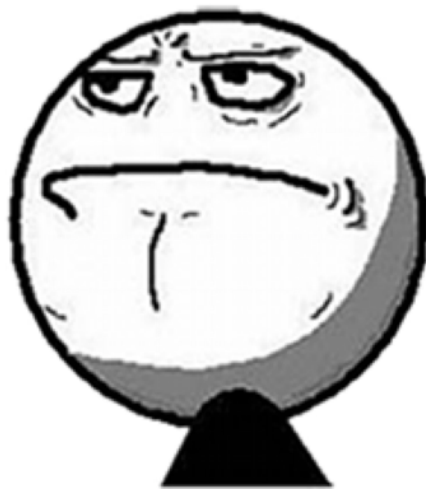


Do you don't understand what I am saying? GO OUTSIDE BREATHE SOME

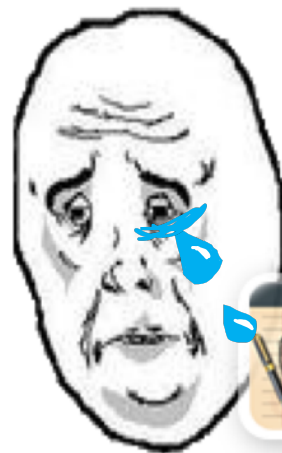


No!

If you say it again! I would throw you computer out of the window!



Fine, I'm going to do some exercise, OK?!



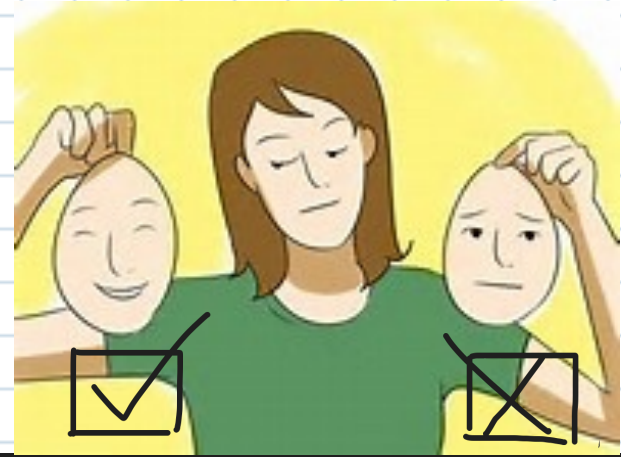
RageComic DIY
<http://url.cn/fhansi>

Fun activity!

3. Healthy and fit mean to me.....

If you want to be healthy, you must have to go outside to breath clean air, and be happy. Do things that can make you happy! For example when I play with my friend I will be very happy. Don't stay in your house all day long, because that will make you unhealthy!

Picture



4. Healthy and fit mean to me.....

Being healthy and fit can be sleep enough. If you didn't sleep well you will have bag under your eye. If I didn't sleep well I can't concentrate when I am learning. So that why sleeping is very important!

Picture



What had I learned in the UNIT?

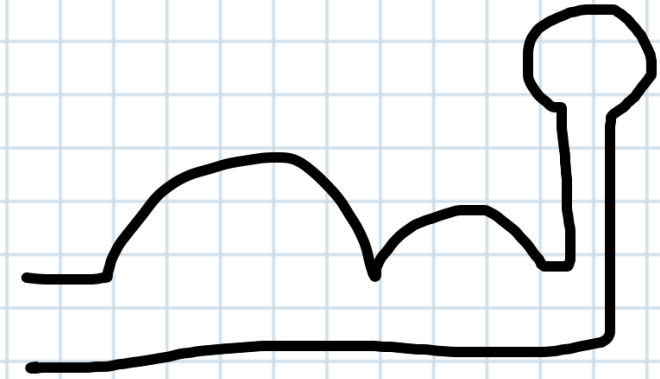
In this UNIT I had learn how to make a exercise program. It is simple, you first need to choose a gram that you need. Then you put the exercise that you want to do at the first line blog, then put the reps behind the name of the exercise blog, which is the second line. Then put the sets you want to do behind the reps. Lastly you can write [hard, middle, easy] and choose one when you finished one exercise. A simple exercise program is made!

Here a example of that program:

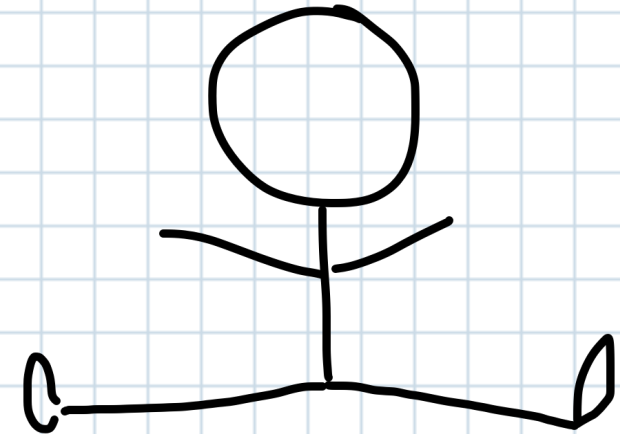
What exercise did you do?	How many reps did you do?	How many sets did you do?	How long did you rest between sets?	Was this exercise easy, medium or hard?
Flex arm hang	30s	1	None	Hard
Plank	20s	2	10s	Medium
Push up	10 time	2	10s	Easy
Sit up	10 time	2	10s	Easy

There are three training
program.

- Muscular Endurance training
program =



- Flexibility training program =

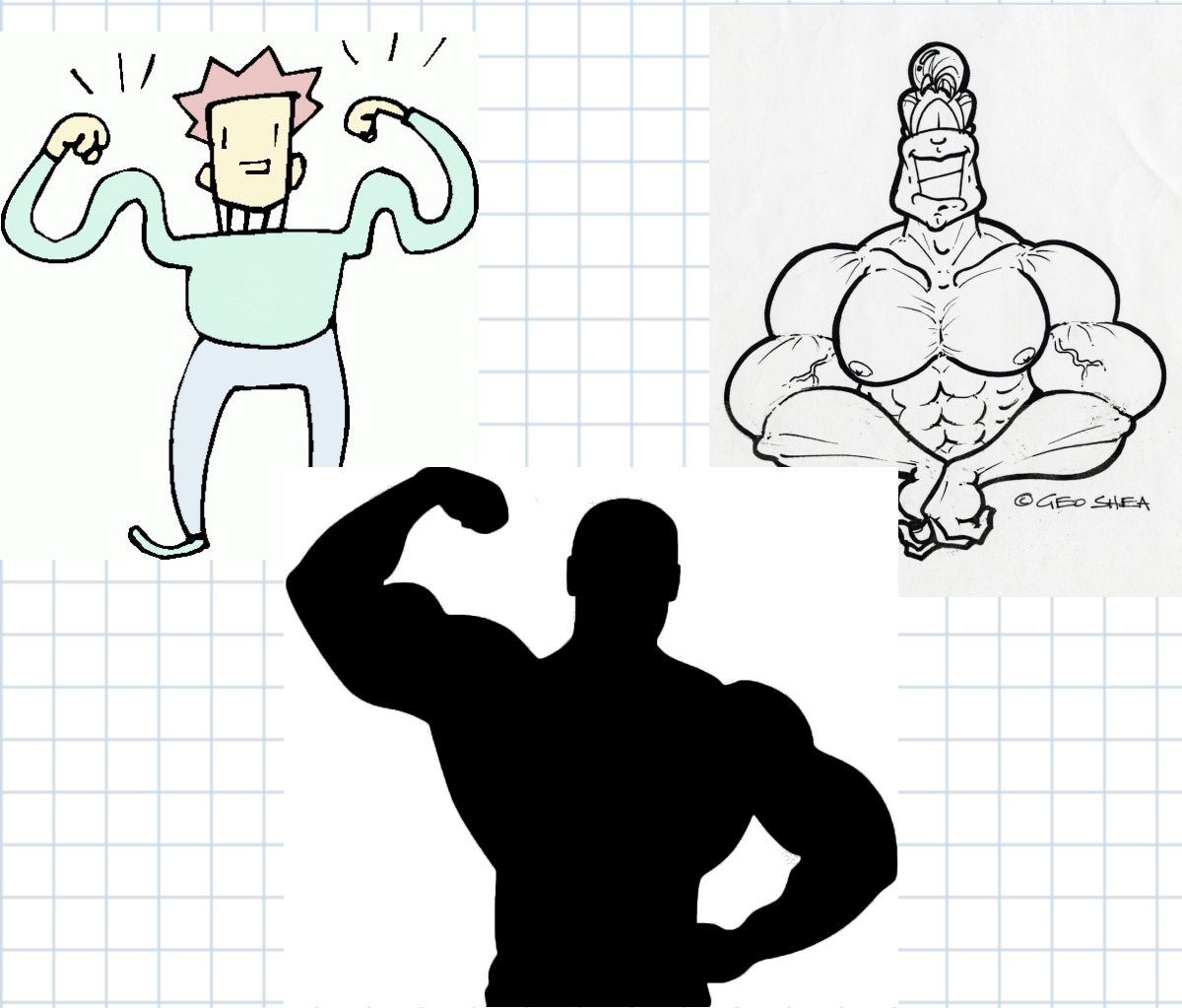


- Cardiovascular Endurance training
program =

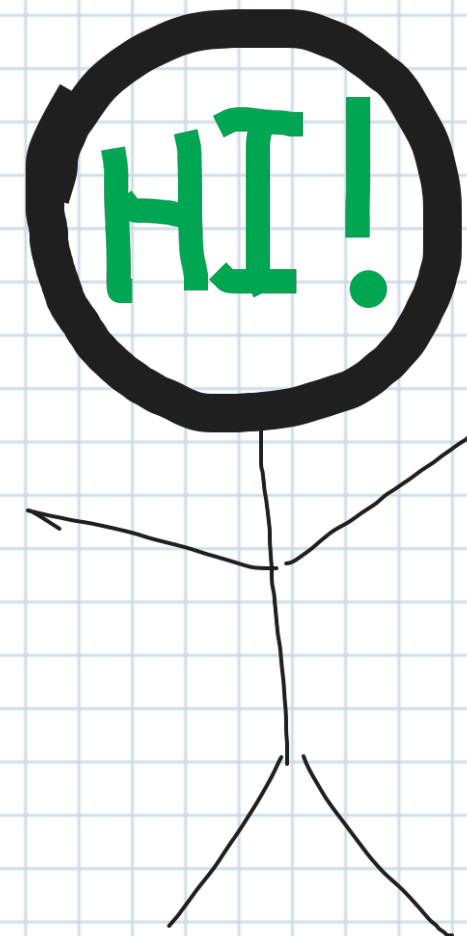


But the very very very important thing is you need to make the decision of "Doing the healthy things" and "Not doing the healthy things" by your own.

Maybe if you choose to "do the healthy things" you're going to look like this:



Maybe if you choose to "not do the healthy things" you're going to look like this:



THE END