

The right formula

Taking driving into the classroom

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The Ultimate
Driving Machine

Fitness and Nutrition – Theme 7: Keeping fit

| Factsheet 7a |

A healthy lifestyle

A healthy lifestyle depends on many factors all of which affect our energy levels and our well being.

Below are some of these factors:

A healthy diet

By eating the right types of food, in a balanced way, we give our body the nutrients it needs to function properly and we maintain our energy levels.

Controlling our weight

Keeping our weight within the norm for our age and size, allows the body to perform best. Being over-concerned about our weight, however, creates unnecessary stress and anxiety.

Regular exercise

Taking regular exercise raises our heart beat, boosts energy levels and improves health. Aerobic exercise for 20 minutes or more, at least three times a week, improves our body's ability to produce energy and is recommended for adults.

For young people, the recommendation is to exercise (moderate intensity) for at least an hour each day.

Sleeping and resting

Our body needs the chance to rest properly every night, to restore its energy reserves, relax and unwind. Our mind also needs to rest and, during sleep, it gets relief from the stresses of the day.

Supportive relationships

We all need, from time to time, support from our friends and family to help us through problems and periods of stress. It is important to nourish and maintain positive relationships with those closest to us.

The environment

Living in a healthy and clean environment helps maintain good health. Enjoying the outdoors and taking time to appreciate nature are also very good for mental and physical relaxation.

Living a full life

Pursuing one's goals and dreams can be difficult but very rewarding. It is important for every person to realise their full potential, in order to achieve fulfilment in life.