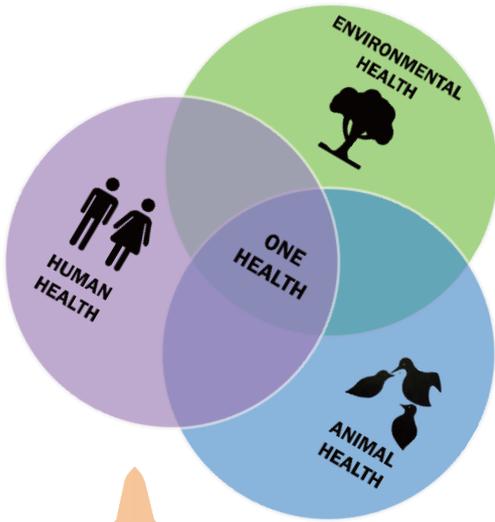
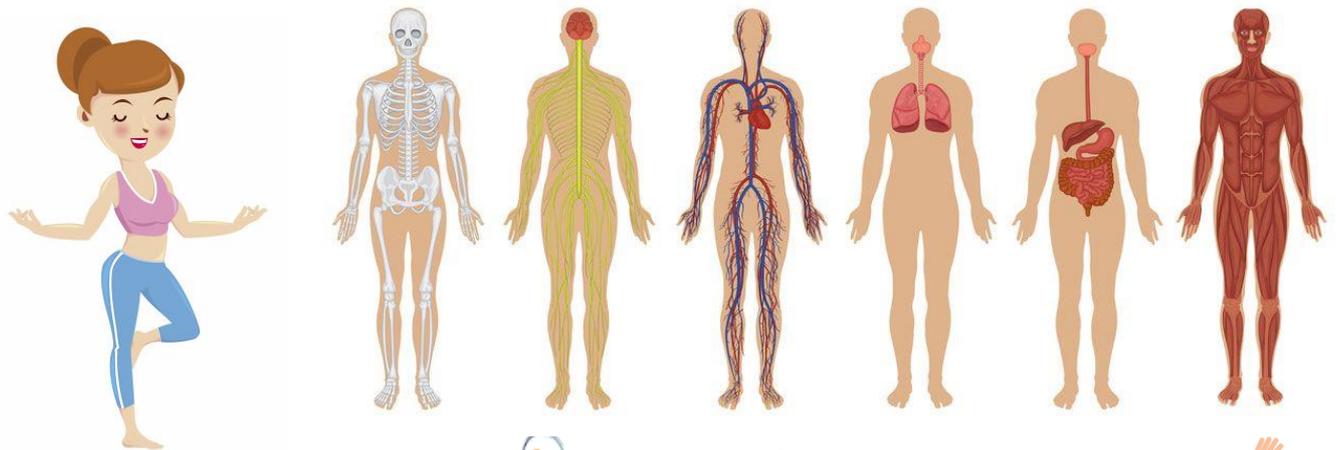


Science

LO: To describe the impact whilst considering the benefits of sport and exercise on the human body.



What is meant by a 'healthy lifestyle'?



Your task is to create a 'Week in the Life of...' diary for a celebrity of your choice. This individual must be a spokesperson or advocate for leading a healthy, physical lifestyle to maintain the body. Some suggestions for your consideration:



From top left, clockwise:

- **Harry Kane** – an English professional footballer who plays as striker for the Premier League team Tottenham Hotspur and captains the English national team,
- **Laurie Hernandez** – an American artistic gymnast who won gold at the 2016 Olympic games in the team event and on the balance beam,
- **Joe Wicks** – otherwise known as 'The Body Coach', Joe has made it his life's ambition to motivate others to stay healthy and fit through coaching and cooking techniques,
- **Jessica Ennis-Hill** – a former track and field athlete and Olympic champion, Jessica has participated in sporting activities since a young age and maintained that passion into adulthood,
- **Michelle Obama** – once the First Lady of the USA, she is the founder of the 'Let's Move' initiative, with the sole purpose of highlighting the importance of promoting a healthy lifestyle for children,
- **Lyndi Cohen** – an Australian dietician, known as The Nude Nutritionist, who takes a simplified approach to staying healthy by maintain the 'everything in moderation' approach to food consumption.

