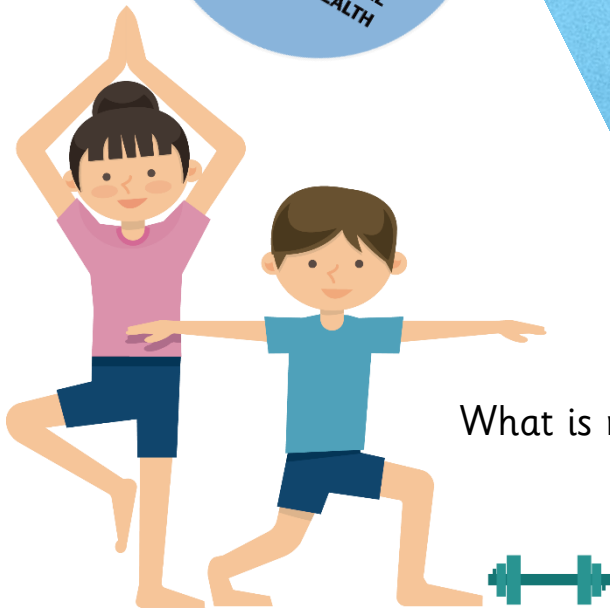
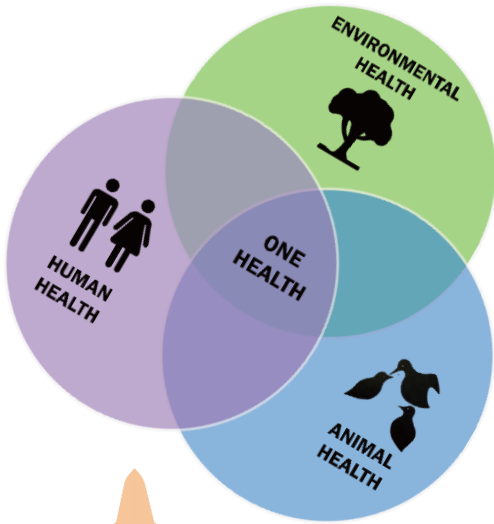
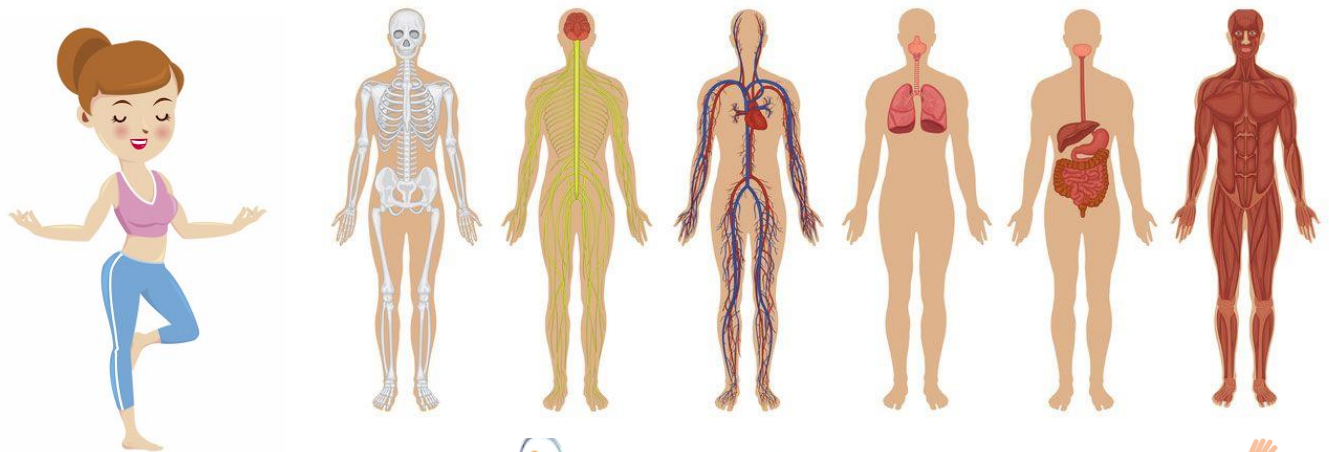


Science

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.

After selecting your celebrity activist or advocate for leading a healthy lifestyle, begin by researching the types of things that they encourage and, indeed, the example that they follow themselves. This should include (if applicable):

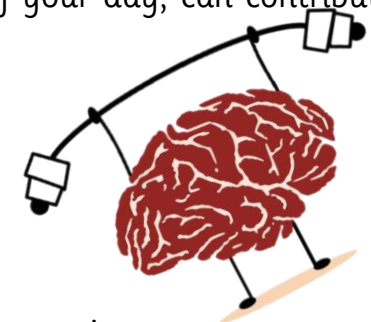
- Eating habits,
- Exercise regimes,
- Daily routines,
- Lifestyle suggestions (the *dos* and *do nots*),
- Tips and tricks to maintaining a healthy lifestyle,
- Any other information you think would benefit an individual attempting to emulate such a lifestyle.

To summarise, leading a healthy lifestyle is subject to many factors, most of which are controllable.

For physical health and wellbeing, it boils down to the energy sources you supply your body with and how that energy is utilised.



For mental health and wellbeing, other factors, such as the amount of physical exercise you accomplish or how successful you feel regarding the endeavours of your day, can contribute to a positive, mental attitude.



Other areas for consideration:

- Positive lifestyle choice,
- Food groupings,
- Food portion sizes,
- Water consumption,
- Sleep.

Your work needs to comprise of at least three diary entries over the course of one week (maximum one entry a day) and must cover at least two sides of A4. Include a portrait/illustration of your chosen healthy lifestyle advocate, an introduction for your chosen individual and illustrations throughout to coincide with the content of your entry.

