

HEALTHY MIND + BODY



Kellie Harrington – World Boxing Champion

HEALTHY MIND+BODY



For more info about Dare To Believe go to daretobelieve.ie

HEALTHY MIND + BODY

Physical and mental health is boosted by sports participation no matter what level you play at. Complete the following sentences.

To be healthy is _____

Health feels like _____

WRITE THE SPORT/ACTIVITY THAT MATCHES:

Vigorous Exercise = _____

Aerobic = _____

Flexibility = _____

Coordination = _____

Speed = _____

Strength = _____

Gracefulness = _____

Combination of all of the above = _____

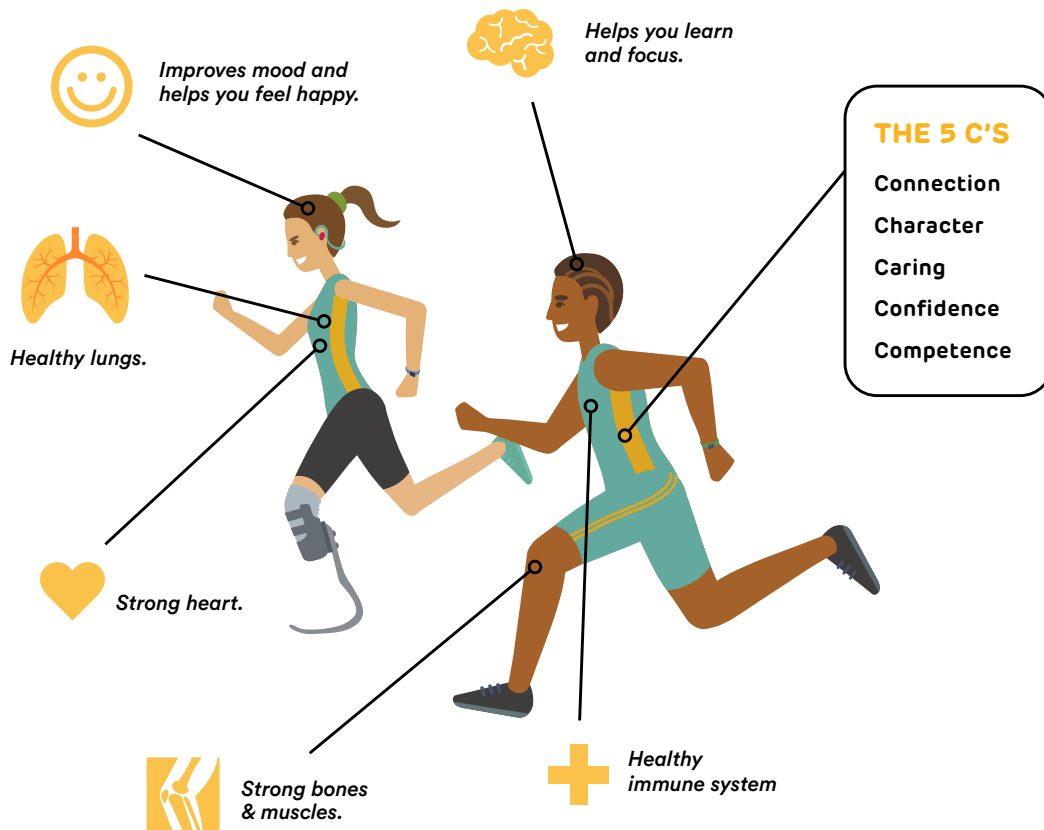
The recommended amount of sleep for 12 year old is?
(circle the correct answer)

- A. 2-4
- B. 4-6
- C. 8-9.5
- D. 13hrs

Answer: C

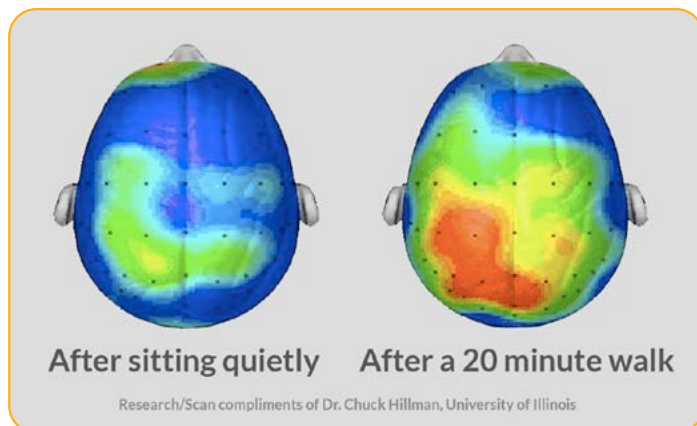
WHAT ARE THE BENEFITS OF SPORT?

We know the benefits of exercise + sports on our body + brains, but let's look at all the benefits of sport and exercise on our mind, body and character.



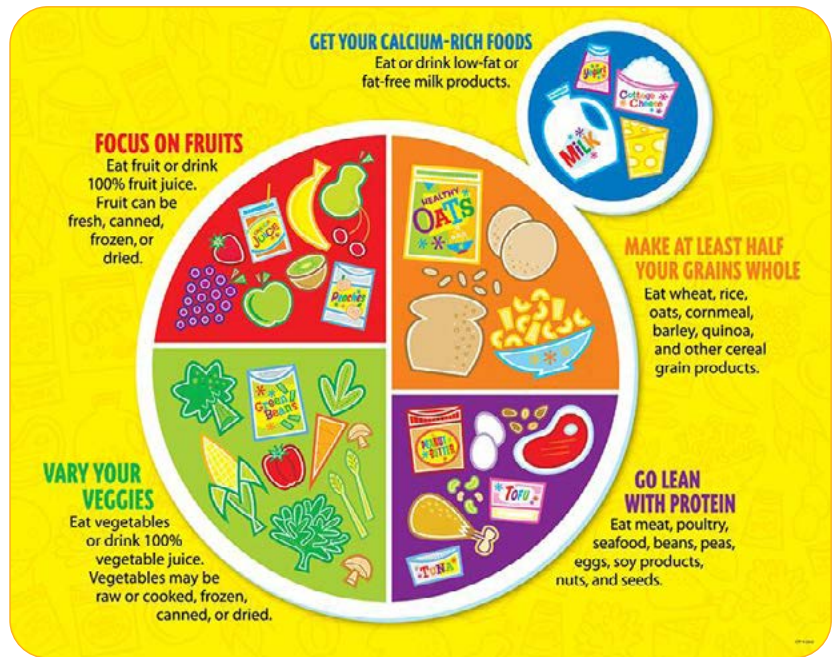
DID YOU KNOW?

Exercise has many physical benefits including: cardiovascular fitness, healthy lungs and bones, weight regulation and cancer prevention.



**Images Of Your Brain
Before & After Exercise**

HEALTHY FOOD PLATTER



List your favorite food in each healthy food category:

HEALTHY MIND PLATTER



The Healthy Mind Platter for Optimal Brain Matter

List some activities you like to do for each healthy mind category:

FEEL THE BEAT EXERCISE



1. Find your pulse. Count it for 20 seconds. Multiply number by 3.

My pulse is _____

2. How are you feeling on scale of 1-10 (best ever)?

I'm feeling _____

3. Run around the yard/or in place at a slow easy jogging pace for 1-2 mins.

My pulse is _____

I'm feeling _____

4. Now run as fast as you can for 1-2 min in the same area giving your best effort.

My pulse is _____

I'm feeling _____

5. Now rest (take 3 mins to relax and stretch).

My pulse is _____

I'm feeling _____

What did you learn in this exercise?

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BONUS: TRY OUR NEW TEAM IRELAND CIRCUIT CHALLENGE VIDEO

daretobelieve.ie/schoolchallenges

Choose Now



Hockey

Olympian - Shane O'Donoghue

6

OR



BREATHE!



Boxing

European Medallist - Gráinne Walsh

Round 2

14

LET'S GO!



Hockey

Olympian - Shane O'Donoghue



Boxing

European Medallist - Gráinne Walsh