



TEAM NELSON

Together We Shine

# Health 4 Life

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## A word of encouragement

By Vlad 5AI

I can not express just how important it is to keep holistically fit. It is not just about being physically strong and appearing well on the outside; we must make sure we are just as well on the inside. Being mentally healthy essential - you can do this through mindfulness exercises, being positive in your thinking and doing your best not to be stressed. Did you know the things that we put into our bodies affects not only our physical well being but also our mental well-being? Let's make better choices and put our well-being first.

By Fatmah 6DC

### Yoga

Yoga helps to improve your flexibility, cardio and circulatory health. It also increases physical strength, tone your muscles and generally just puts you in a better mood. Doing yoga on a daily basis helps to protect you from injury.

### Swimming

Swimming strengthens your heart and lungs. Some studies have shown that swimming may even help to lower your blood pressure and control your blood sugar. I don't know about you, but I would like to keep these things low!

### Jogging

Jogging helps to build strong bones, as it is a weight bearing exercise. It also helps to strengthen muscles, improve cardiovascular fitness and burn plenty of calories. No more calorie counting!



## Things to do over the Christmas break

It just so happens to be the Christmas season and we live in a community that is located just outside of the Birmingham City Centre. Thankfully there are many things happening between now and the 8th of January and we have listed some of these things for you and your family to take part in:

1. Go for a nice walk around the Frankhurl Christmas Market with your family. If you dare, get your skates on and twirl around the ice rink or take a ride of the big wheel.
2. It's Christmas! Put your dancing shoes on and dance around the living room - did you know that dancing is a great way to keep fit?
3. Get your last minute Christmas shopping done with big brands at Bullring and the Grand Central
4. Visit your local swimming baths. It is cold outside but swimming is a vital skill to have and you never know when it will come in handy!
5. We know it gets dark pretty quick. But whilst it is bright outside, visit your local park and feed some ducks. If we are lucky enough to have snow, make a snow angel or build a snow man.
6. Help to prepare Christmas dinner as a family and then enjoy Christmas movies.

By Aaliyah 6DC



## 12 days of Christmas Workout



- 12 BURPEES
- 11 MOUNTAIN CLIMBERS
- 10 SQUATS
- 9 PUSH UPS
- 8 LUNGES
- 7 FLUTTER KICKS
- 6 TUCK JUMPS
- 5 JUMPING JACK
- 4 CHAIR DIPS
- 3 PLANK JACKS
- 2 MINUTE WALL SIT
- 1 MINUTE PLANK

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