

Bodyworks



Being healthy and well

Being healthy and well means your body is in good working order. That means being fit, eating the right foods, having a good mental attitude and not abusing your body with drugs or substances. The combination of each of these factors ensure a healthy and happier life.

Fitness

Our bodies are machines and need to be moving and working to stay efficient. If we sit around doing nothing our bodies get weak, our muscles lose their strength and we become less flexible and supple. As a result we do not burn up the food we eat and get fat. The machine begins to get slow and sluggish and is harder to spring into action. Increased weight and lack of fitness then begins to impact on your health - higher blood pressure, breathing problems, skin problems etc.

The fit body on the other hand is efficient. It is capable of undertaking activity and tasks with ease. It feels good and pleasurable to do an activity. It uses fuel, in the form of food, extracting vital vitamins and aiding to your well being. The main organs of your body are kept in working condition and will help to ward off illness and remove wastes and toxins from your body.

Fitness and health can improve the way you look. Your body firms up and the condition of your skin, hair and so on improves. A fit body with good posture always looks good.

Scouting encourages a healthy body. Camping, hiking, canoeing, backpacking, swimming, and service projects require Scouts to have an optimal level of personal fitness so that they can



participate in and enjoy every activity more fully. Scouts who do not possess high levels of personal fitness will not enjoy physically demanding activities as much as Scouts who are in good health.

Diet

Your body needs food to survive and to help it grow. A certain quantity of food is necessary each day to enable this to happen. The amount of food required is related to your body size and the amount of work your body is expected to do. Your body turns any food it does not use into energy reserves - fat. The idea is to get the balance right and try to ensure that excess food is used up by your body during exercise and not converted into fat. Food is made up of a number of types protein, carbohydrates, fibre and fat, we need a mixture of each type in our diet - proteins to build new cells and repair damaged tissue, carbohydrates to supply energy, fats in very small amounts, and fibre to help the digestive system work. Vitamins and minerals are contained in many different food types, in general if you eat a varied diet with plenty of fresh food you should get an ample supply to your body.

Hints for a healthy diet

- Eat as much fresh food as possible
- Cook down on fat - drink light milk, fish rather than red meat, margarine rather than butter.
- Do not overcook food as it washes out vitamins
- Avoid frying food - grill, steam or bake instead.
- Increase your fibre intake by eating wholemeal bread, cereals and pasta
- Try to replace sugary snacks with fruit or raw vegetables
- Flavour food with herbs and spices instead of salt

Personal fitness

Your mental health is of equal importance as your physical health. Having good friends and being able to socially interact with others is very important to your well being. Being able to cope in school and avoid stress are also areas to watch. As you move towards adulthood many changes will take place in your body and your life and this can cause anxiety. It is a good idea to develop a personal programme of outdoor activity, sport, school work and study and interaction with friends in equal balance. Living the Scout Law and Promise can help to foster a



healthy social life. What would your social interaction be like if you were not trustworthy, loyal, kind, helpful, friendly, courteous and cheerful. By living the Scout Law and Promise you should try and exhibit those characteristics every day with everyone you meet and interact with. Good friends share feelings and emotions with trust and confidence. Everybody needs a friend or friends to talk to and have fun with. In Scouting being a constructive member of a Patrol and a friend to every Scout will help to build a another framework in your life, apart from your family in which you can develop your personal fitness. Set standards and values for yourself and live by them. They will be tested from time to time by others who will seek to drag you into things you are unwilling to do - peer pressure. Try to do what you feel is right. If confronted by a situation offer alternative ideas and if other do not follow or ignore these suggestions then walk away. It is better to be a leader than a follower in such situations.

Substance abuse

Substance abuse is nearly always driven by peer pressure and a feeling of low self-confidence and esteem. If you are fit and healthy then there will be less temptation to seek false pleasure through the abuse of drugs. A healthy body and mind plus a circle of true friends will provide you with a strong and positive mental attitude which will enable you to resist peer pressure and the slide into substance abuse. Searching for an identity is a challenge for every young person as they progress towards adulthood. There is no need to choose drugs, smoking, drinking or delinquent behaviour to gain attention. If you are taking good care of your body, accepting responsibility, taking pride in your achievements and participating in healthy activities with friends and family, then you will feel good about yourself and what you are doing..

How fit are you

In order to determine how fit you are a number of factors need to be taken into account. Firstly, everybody is different and number of tests need to be done before you can place yourself on a scale of fitness.

The most important consideration is your pulse rate. When we exercise our pulse rate increases to supply oxygen rich blood to your muscles. If you are unfit your heart will have to work harder and as a result your pulse rate will be higher. On the other hand if you are fit your pulse will increase but stay within a safe pulse rate - target zone. If you are not active enough then the your pulse rate will be in the blue zone. Generally speaking most people will fall within the blue zone when they first start a fitness programme.

Through a careful programme of activity

your aim is to increase and control your pulse rate so that it falls within the target zone.

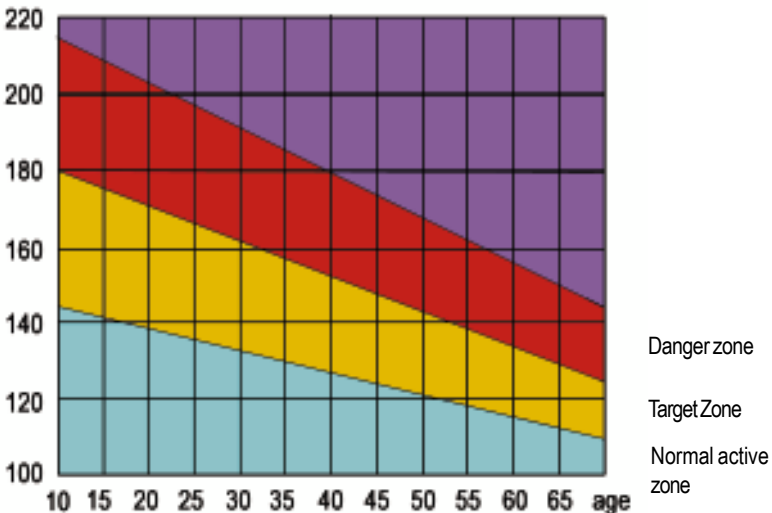
The aim is to carefully increase the pulse rate so that your body is working efficiently. If your pulse rate increases to a stage that it enters the red or danger zone then you are working too hard and can damage your heart and cause exhaustion.

While exercising take your pulse before you start and again when you stop - note the difference. Take your pulse about 20 seconds later and again at 60 seconds and your pulse rate should have decreased. As you get fitter you pulse rate will return to normal within a short space of time.



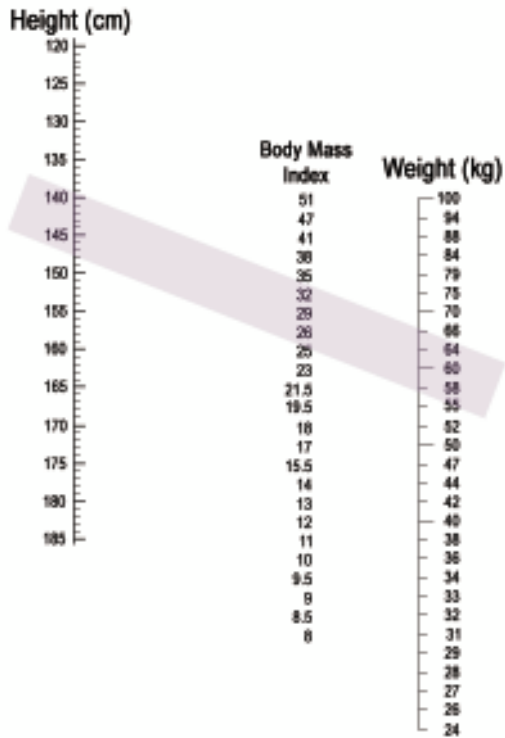
Take your pulse by pressing on the artery on the inside of your wrist.

Heart beats per minute during exercise



Body mass index test.(BMI)

To get your body mass index number. Take your height and weight measurements. Using a ruler place one end on your height scale along side your height measurement and the other end on the weight scale along side your weight measurement. The ruler will cross the body mass index scale, where it crosses this scale is your body mass index number.



A number of other test need to be completed

One mile run

You need to run a mile at normal pace - not racing but jogging so that you can cover the distance without stopping. If you are tired then walk rather than stop, until you can resume. This needs to be timed by a friend or Leader.

Exercises

You need to complete a number of exercise against a set time of 1 minute. These exercises are shown on the next page. You will need the help of a friend or Leader. These exercises will determine the suppleness of

your body and the strength of your body. When they are completed you will have a number of measurements.

Your body mass index

Your stamina

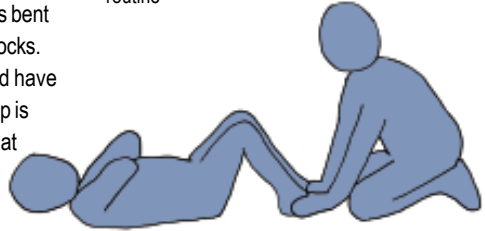
Your suppleness

Your strength.

From these measurements you will be able to grade yourself according to your age on the Health Fitness Chart. This will give you an indication of how fit you are relative to young people of your age. If you fall below your age norm then getting to the norm should be your first target. If you are at the norm or above it then your target should be those set out on the National Fitness Chart.

Test exercises

Lie on a flat surface with your knees bent and feet about 30cm from your buttocks. Cross your arms on your chest and have a friend hold your feet flat. A curl -up is completed by lifting your back so that your trunk touches your thighs and returning to a starting position. Do this movement in a controlled manner so as not to strain or cause injury to yourself as many as you can in one minute.



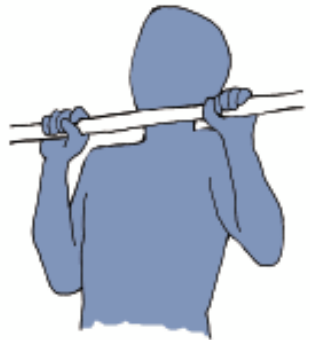
This exercise is for testing purposes only and should not form part of a regular exercise routine



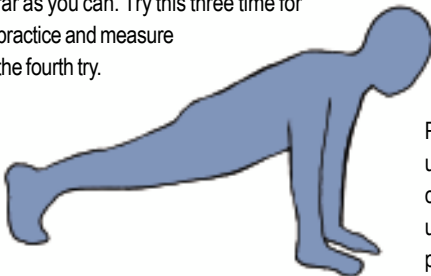
Partial curl-ups, lie on your back as with curl - up exercises but this time place hands flat on thighs and have a friend support your head. Partial Curl - up are completed by raising your body so that your fingers touch your knees and return to start position. Do one exercise every 3 seconds until you cannot complete one at this pace. This exercise can be used for regular exercise.



V-sit reach, sit on the floor with feet 30cm apart on a line marked on the floor. Clasp your hands together so that palms are facing down, then place them on the measuring line. Have a friend hold your knees straight. As you reach forward exhale and reach as far as you can. Try this three time for practice and measure the fourth try.



(Pull ups maybe difficult for young people under 11 years of age but will be possible as they get older than 11 years of age and improve arm strength.



Pull up and push ups, do as many pull ups as you can in 1 minute. Try to complete a push up every 3 seconds until you cannot complete one at this pace for 1 minute.

When you have completed your test exercises compare them to the chart below and discover your position in relation to the norms. This will give you a general idea of how fit you are and the work you will have to do to maintain or better your result. Use charts as a general guide only. Have a proper test done by your P.E. teacher in school.

General health fitness

	age	partial curl - ups	1 mile run	V - sit reach (mm)	Pull ups	Body mass index
Male	10	20	09.30	25	1	14 - 22
	11	20	09.00	25	2	14 - 23
	12	20	09.00	25	2	14 - 24
	13	25	08.00	25	2	15 - 24
	14	25	08.00	25	3	16 - 25
	15	30	07.30	25	4	16 - 26
	16	30	07.30	25	5	17 - 26
17	30	07.30	25	6	17 - 27	
Female	10	20	10.00	50	1	13 - 22
	11	20	10.00	50	1	14 - 23
	12	20	10.30	50	1	14 - 24
	13	25	10.30	75	1	15 - 25
	14	25	10.30	75	1	16 - 25
	15	30	10.00	75	1	16 - 26
	16	30	10.00	75	1	16 - 26
	17	30	10.00	75	1	17 - 26

The standard norms for young people listed in this chart are adapted from Amateur Athletic Union Physical Fitness Programme, Cooper Institute and YMCA Youth Fitness Test and form the basis of the Presidential Fitness Award in the USA. The chart represent the norm for generally active young people.

Target health fitness

	age	curl ups	partial curl - ups	1 mile run	V - sit reach (mm)	Pull ups	Body mass index
Male	10	35	24	09.30	50	2	14 - 22
	11	37	26	09.00	50	2	14 - 23
	12	40	32	08.40	50	2	14 - 24
	13	42	39	08.00	35	3	15 - 24
	14	45	40	07.44	50	5	16 - 25
	15	45	45	07.30	75	6	16 - 26
	16	45	37	07.10	75	7	17 - 26
	17	44	42	07.04	75	8	17 - 27
Female	10	30	24	10.00	100	1	13 - 22
	11	32	27	10.00	100	1	14 - 23
	12	35	30	10.30	100	1	14 - 24
	13	37	40	10.23	100	1	15 - 25
	14	37	30	10.06	120	1	16 - 25
	15	36	26	10.00	130	1	16 - 26
	16	35	26	10.00	130	1	16 - 26
	17	34	40	10.00	130	1	17 - 26

This chart are adapted from Amateur Athletic Union Physical Fitness Programme, Cooper Institute and YMCA Youth Fitness Test and form the basis of the Presidential Fitness Award in the USA. The chart represents the target norms that young people who embark on a fitness programme will achieve over a period of time.

Getting Fit

Overweight and over fat do not always mean the same thing. Some people are quite muscular and weigh more than the average for their age and height.

However, their body composition, the amount of fat versus lean body mass (muscle, bone, organs and tissue), is within a desirable range. This is true for many athletes.

Each pound of fat your body stores represents 3,500 calories of unused energy. In order to lose one pound, you would either have to eat 3,500 less calories over a period of time than you need or do 3,500 calories worth of exercise. It is recommended that no more than two pounds (7,000 calories) be lost per week.

Adding 15 minutes of moderate exercise, say walking one mile, to your daily schedule can use up 100 extra calories per day. Maintaining this schedule would result in an extra 700 calories per week used up, assuming your food intake stays the same.

Exercise and Modern Living

One thing is certain. Most people do not get enough exercise in their ordinary routines. All of the advances of modern technology - from electric can openers to computers - have made life easier, more comfortable and much less physically demanding. Yet our bodies need activity, especially if they are carrying around too much fat. Satisfying this need requires a

definite plan, and a commitment. There are two main ways to increase the number of calories you expend. Start a regular exercise program if you do not have one already. Increase the amount of physical activity in your daily routine.

The best way to control your weight is a combination of the above. The sum total of calories used over time will help regulate your weight as well as keep you physically fit.

What Kind of Exercise?

Although any kind of physical movement requires energy (calories), the type of exercise that uses the most energy is aerobic exercise. The term "aerobic" is derived from the Greek word meaning "with oxygen." Jogging, brisk walking, skipping, swimming, biking, and aerobic dancing are some popular forms of aerobic exercise. Aerobic exercises use the body's large muscle groups in continuous, rhythmic, sustained movement and require oxygen for the production of energy. When oxygen is combined with food (which can come from stored fat) energy is produced to power the body's musculature. The longer you move aerobically, the more energy needed and the more calories used. Regular aerobic exercise will improve your cardiorespiratory endurance, the ability of your heart, lungs, blood vessels and associated tissues to use oxygen to produce energy needed for activity. You'll build a healthier body while getting rid of excess body fat.

In addition to the aerobic exercise, supplement your programme with muscle strengthening and stretching exercises. The stronger your muscles, the longer you will be able to keep going during aerobic activity, and the less chance of injury. You can do different types of aerobic activities, say walking one day, riding a bike the next. Make sure you choose an activity that can be done regularly, and is enjoyable for you.

Playing

Don't forget your regular play activities with your friends, exploring, lifting and carrying things, building, running about in fields, playing football or basketball and games. The object is to keep active and stay away from the television and the computer screen.

Getting fit

There are many sports and activities you can do to improve your stamina, strength and suppleness. Many sports appear under more than one heading: these are good for improving fitness in general. If, however, you are interested in developing

one aspect of fitness, (say, your strength), you should concentrate on a selection of the sports listed under that heading. Sports which are especially good for developing a particular aspect of fitness are shown in bold type.

STAMINA

- Athletics
- Badminton
- Basketball
- Boxing**
- Cycling**
- Dancing
- Football
- Gymnastics
- Brisk walking**
- Hiking**
- Hockey
- Jogging**
- Rowing**
- Running**
- Skating (roller and ice)
- Skipping**
- Squash
- Swimming**
- Tennis
- Wind-surfing

STRENGTH

- Athletics
- Badminton
- Boxing**
- Canoeing**
- Fencing
- Football
- Gymnastics
- Hockey
- Horse-riding
- Hurling
- Judo
- Rowing**
- Running
- Sailing
- Skating (roller and ice)
- Squash
- Swimming**
- Tennis
- Weight-training**
- Wind-surfing

SUPPLENESS

- Athletics
- Badminton
- Dancing**
- Fencing**
- Football
- Hurling
- Gymnastics
- Judo
- Rock-climbing
- Sailing
- Skating (roller and ice)
- Squash**
- Swimming**
- Table-tennis
- Tennis
- Yoga**

Exercising

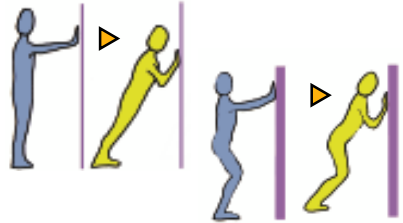
To improve your fitness level set up a regular schedule for exercising. You are more likely to see improvements when you exercise regularly and have a regular schedule for exercise. Don't exercise if you have medical problems (asthma/injury/taking medication) until you have consulted your doctor.

For your muscles to get stronger, or your body to get fit, you must work harder when exercising than when you are at rest. Your heart should beat faster and your breathing should increase when you are performing aerobic exercise and when you are lifting weights. Make sure you work harder when you are exercising but do not overdo it. Gradually increase the number of times you do an exercise, the length of time that you perform an exercise, and how hard you exercise. It generally takes 6 to 8 weeks to be able to see physical improvements, but you will feel better shortly after starting to exercise.

The following is an outline of how you should exercise:

Warm-up

Before you exercise you should always warm up your body. When you warm up your body you increase your blood flow and get your muscles and joints ready to exercise. Warming up decreases your chances of being injured during exercise. Once you have warmed up you can complete stretching exercises that will prepare your whole body and the



Warm up and stretching



muscles that will be used while you are actively exercising.

Strength and stamina

Complete the exercise activities in which you choose to participate. Always make sure to take appropriate safety pre-cautions when participating (e.g., wear protective gear) and to exercise for a duration and at an intensity that is appropriate for your fitness level.

Cooling Down

Once you have completed exercising you are ready to cool down. It is just as important to cool down after exercise as it is to warm up before exercise. When you cool down you should let your breathing return to normal. It is best to walk around for a few minutes to make sure your breathing is normal and let your heartbeat slow down.

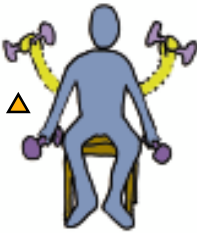
Strengthening exercises



Stomach exercise
Lift up knees hold for a few seconds and return



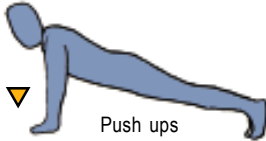
Thigh Exercise
Kneel up straight. Lie back and lift arms, hold position and return.



Sit on a chair. Hold a light weight in your hands. Lift as shown and lower slowly. Increase weight slowly over a number of weeks.



Lie down flat with arms by your side. Point your toes and raise your legs. Hold position for 5 secs. and return.



Push ups

Stamina exercises

Jogging, walking briskly, skipping, swimming, step aerobics, cycling are all good examples of stamina building exercises. These exercises need to be continuous for at least 20 minutes during your training session. Start off slowly a few minutes each day until you reach the 20 minutes target. If you feel tired then slow down and take a breath.



General

Take advantage of daily opportunities - walk instead of taking a lift, climb the stairs instead of using the lift. You can't get fit in 'one minute a day' no matter how much you try. Set aside at least 30 minutes a day for planned exercise.

Typical exercise routine - seven day plan

10 minutes everyday

Warm up and stretching

Stamina

30 minutes Day 1, 4, & 7

Exercises and activities

Strengthening

30 minutes Day 2 & 5

Strengthening exercises

Being Active

1 hour playing games or sport Day 3 & 6

Creative thinking

As Scouts you will work in a Patrol. The game of Scouting will challenge your Patrol in every way both physically and mentally. The Patrol will be presented with many problems to solve and the solution to these problems will involve team work, leadership and creative thinking.

Creative thinking involves using a number of techniques which will enable you and your Patrol to think in new ways and be more effective as a team.

There is nothing more excitingthan thinking of a new idea

There is nothing more rewarding.....than seeing a new idea work

Creative thinking comes about by having the ability to create new ideas by accidentally or deliberately joining two or more unrelated ideas, thoughts or concepts together.

BODYWORKS

Thinking

Human are naturally lazy and will generally not push themselves beyond what is necessary. So most people are happy to limit their thinking skills. 'That's impossible', 'I can't do that', 'I give up' are statements we are all fond of and say when we are confronted with tasks and thinking which requires effort. Nothing is impossible, it is only so because we can't think of a way to make it possible. By forcing yourself to think in new ways many alternative approaches and ideas can be generated to solve the same problem.

The brain divides its thinking into two forms left hand thinking and right hand thinking. The left hand side of the brain controls most of our thinking and tends to dominate it. The left hand side of the brain controls logic, calculations, analysis, ordering facts and figures whereas the right hand side of the brain controls music, colour, art, scale, rhythm. Generally speaking the right hand side of your brain tends to be the more creative side of your thinking and can visualise and connect ideas that the left hand side may reject as 'impossible'. This is often the case when trying to solve a puzzle or code. The left hand side rejects the coded message as impossible because it does not recognise the language or sequence of letters. The right hand side however can visualise a language which uses numbers or shapes instead of letters and so may provide alternative thinking . The solution therefore is a combination of left and right thinking. As the left tends to dominate it is often hard for the right to create new ideas and so we give up, but by working at it a little longer the left will recede so that the right can dominate and supply new thinking.

Group thinking

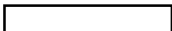
Thinking creatively is best done with others. Each member of a group can contribute an idea and the pool of ideas will spark other ideas in the group - this technique is called brainstorming. During a brainstorming session ideas are contributed no matter how mad or wild for a short period of time. Each idea is then assessed on the list for workability etc. and finally a number of

possible ideas are explored. Another good method is daydreaming, best done in a tent late at night or sitting around a campfire. Everyone is allowed to contribute their wildest daydreams - 'wouldn't it be great if...?' or expand on or explore other peoples ideas. It is normally best to stick to a theme or subject to get best results. When daydreaming try to image what it would be like in reality, by doing this it is often easier to see how it can happen in the future. There is a famous quote which goes along the lines of 'If you can dream it, you can do it'

Refining

Coming up with an idea can sometimes be the easy part making it work is the hard part. There are a number of ways of refining your thinking so that you have a clearer understanding of what has to be done to make it happen. Edward De Bono a famous thinker and creator of a number of thinking techniques uses a method called the Six Thinking Hats. Each hat has a different colour and when your are wearing or using this colour hat you only think in a particular way for a set period of time. By using this method it allows you to drag apart and explore an idea to the fullest and perhaps create new and more exciting ideas in the process. The technique is controlled by a leader who suggests the use of each thinking hat in turn - everyone thinks the same way - and monitors and takes notes of ideas and suggestions. The process can take time at first but as you practice the method your speed of processing a idea will improve.

White hat



This covers facts, figures, further information we need, gaps in knowledge. The object in using this thinking hat is to assess what we

know and what we need to know to make the idea work.

Red hat



This covers feelings and emotions. The object is to find out 'gut feelings' on an idea will it work is it a good idea etc.

Black hat



This directs thinking in judgement and caution. It won't work because....., if we do this we are in danger because....., it is a stupid idea because... Thinking in this area should always be logical.

Yellow hat



Yellow hat thinking is positive. The object is to explore all the positive benefits and results that an idea will have.

Green hat



The green hat is the creativity hat. The object is to change, add too, expand, 'it would be interesting if...'. To think of other ways to make the original idea better.

Blue hat



The blue hat control the overall process. Have we explored all the possibilities for this idea. Do we need to revisit a coloured hat again to review what we have done.

By using this process you should end up with a new idea that has been explored and can be used. As you work in your Patrol on a weekly basis and on activities, you will become a collective thinking unit that will be able to create new ideas and solutions to better enhance your Scouting.

In your personal life learning how to think creatively allows your mind to expand and increase your capacity to learn and explore.

Memory skills

Memory is the ability to store and recall information. Without memory we would react to every situation we encountered as if we have never experienced it before. So memory is closely linked to experience. As we go through life our brain experiences its surrounding through our senses (sight, sound, touch, smell and taste) and the intensity of that experience is determined by the amount of information your brain receives from your senses. For example sleeping for the first time in a tent is a stronger memory than sleeping in a tent last month. Your first experience is filled with sounds, smells, touch as well as sight. The sound of the dawn chorus and the wind blowing out side, the smell of canvas and fresh air, the hardness of the ground you sleep on, each senses adds an element to intensify the experience.

There are three stages of memory,

- Immediate memory**
- Short term memory**
- Long term memory**

All memory starts as immediate memory, the brain decides if it wishes to retain it and if so it is passed into short term memory stores. This area of the brain will store the basic facts for a while but unless the information is revisited or revised it will in time be rejected rather than passed to the long term memory banks. Learning new skills either in school or in Scouting need to be revised a number of times



before they are permanently retained. A simple thing like tying a knot is easy to learn but without practice and practical application is quickly forgotten. In order therefore to remember things we must ensure that we place it firmly in our memory. Revise, study, rethink situations, names, places and experiences to ensure their movement from immediate to long term memory. We can't remember everything and your brain will shift through your memories to sort out and decide what is important, little things like your attention and concentration level will determine their importance. When receiving information, you wish to retain, use as many senses as you can to make the experience more memorable. When introduced to a person - listen to there name, spell it to yourself, compare the name to other people you know with the same name. Notice details about the person, colour of their eyes, shape of their mouth, colour of there hair. In shaking their hand - is their hand soft or hard, is it a firm handshake or a loose handshake, is their hand hot or cold. When talking to the person repeat their name a couple of times - 'yes, John, that is interesting'. Each extra piece of information will enable you to build a fuller picture of the person in your mind and

aid your memory of their name and face. In remembering things it is best to use a number of memory skills to help you - organising the information, visualise images, link information to other things or numbers, break down the information into smaller bits and use as many senses as possible to compile the information.

The Room system

You visualise a room you know well and as you have items to remember you place them in the room. For example I need to write a letter to John. You visualise John sitting at the table with the letter written on the table cloth. Or the name of a book you wish to buy - think of its name burnt into toast that has just popped up in your toaster. It sounds like a mad system but it works.

Test yourself

Look at the objects below for 30 seconds, then list as many as you can remember. Try the exercise again with a collection of household objects and use one of the systems suggested - is it any easier to remember the items.



The link system

For each item you wish to remember create a visual image and then link the images together to make a story. As you recite the story in your mind the images will be remembered and those images will link to your items.

Mind maps

Mind maps are inter linking charts which link pieces of information much the same as your brain does. Start by taking an item you know and then adding four or five pieces of information you remember immediately to this item. Then take each of the five pieces and in turn link another five or six pieces of information until you have created a web like map of inter linking pieces of information. This method is particularly good for study of school work. You will be amazed at how much you actually know about a subject. The information is stored in your brain and you just need a key to unlock it.

Body care

Keeping yourself clean is an important part of staying healthy. As you exercise your body becomes dirty from sweat and grime. This can block up pores and increase germs on your body which can cause skin problems and spread infection. You need to shower and wash regularly particularly after exercise to clean and refresh your body. Your hair, teeth and feet also need direct attention. Wash your hair at least twice a week using a suitable shampoo, and comb and brush it regularly. Take care with dyeing and current hair trends as they can damage your hair. Your teeth need constant care to maintain your smile. Your feet spend most of their lives covered by socks and shoes which makes them prone to fungal infection. Wash and dry your feet carefully, particularly when hiking for a long period of time. Watch out for blisters caused by rubbing, bunions caused by

Relaxation

Find a quiet place. Lie on the floor or on your bed. Tense your toes as tightly as you can then slowly relax them. Carry on up your body tensing and relaxing until your body is at rest. Relax your mind by concentrating on something calm and soothing such as music or a mental image.



footwear being too tight and Athlete's Foot caused by a fungal infection which results in itching and skin peeling between your toes and is very painful. Make sure your toe nails are cut properly - straight across to prevent ingrown toenails which again are very painful.

Sleep and relaxation

Sleep and relaxation are as important to your body as exercise and a healthy diet. Your body is like a battery and needs to be recharged, when we sleep. Young people need at least 8 hours sleep a night, your body is still growing and needs this time to stimulate body tissues to grow and repair. Your brain also needs time to download and sort all the information your brain has gathered during the day. When you dream your brain is at work filing and placing thoughts and preparing itself for the next day.

In a fast paced world you need to set aside time to relax. Your mind maybe troubled, you maybe anxious about friendships, school work or you may just need time to think and chill out. Stress caused by worry and anxiety are damaging to your health so you need time to calm down. If you have serious concerns about anything then talk to someone a parent, a friend, someone you can trust don't store up these feelings.

Maintaining a fit and healthy body will increase your confidence and improve the way you look and feel. The condition of your skin, hair and teeth and posture will aid your appearance and make you feel good about yourself.