



Healthy Message

No. 1

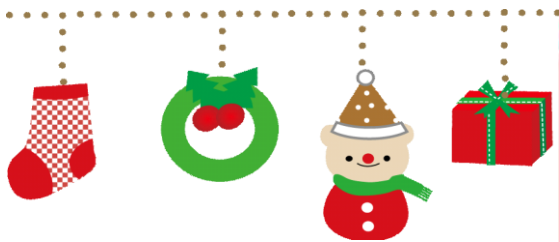
☆Please read this with your parent or guardian.

This year's Healthy Club began in December. We are counting on your cooperation. From now on, we will also introduce exercises. Physical activity will make both your mind and your body feel good. ★Enter the effects of exercise

- For the mind: Exercising will make you feel refreshed and cheerful.
- For the body: Exercising will put your body into better shape, make physical activity easier for you, and make you feel energetic.

It would be a shame if you spend winter vacation just lying around at home and playing games on your smartphone or other device. This winter vacation, try cutting your game-playing time in half.

Instead of playing games, please do plenty of physical activity outdoors, such as taking walks with your family or jumping rope. Our teachers are looking forward to seeing you looking a little slimmer when you come back to school in January.



Goals for winter vacation

☆Weigh yourself every day

In the food aspect...

Sakai-sensei says:
"Don't eat anything later than two hours before you go to bed!"
"Weigh yourself every day!"



In the lifestyle aspect....

How many hours did you sleep?

How much time did you spend playing video games and viewing net media?



In the exercise aspect....

- Do physical activity for at least 30 minutes every day (Doing chores at home, taking walks, jumping rope, etc.)

☆ What will you do?