

Ready for exercise – students of Eunus Primary School.

Hey boys and girls, I'm Doctor Mike, and this is a new monthly page about keeping fit. First, a question: What does good health mean to you?

Being the fastest runner in class!

Being the strongest in tug-of-war!

Having a body to die for!

Having lots of energy left over for leisure, like playing games, singing, playing a musical instrument, doing community work...

It actually means all of that... plus more. Read on!

# Have PRIDE!

Some aspects of fitness are related to *health*. Having good health means...

- ✓ having a right *balance of muscle and fat* in your body
- ✓ *muscle strength* (for pulling, pushing or lifting actions)
- ✓ *muscle endurance* (so your muscles can keep working over some time)
- ✓ *cardiovascular fitness* (the ability of the heart, lungs and circulatory system to deliver oxygen to the exercising muscles)
- ✓ *joint flexibility* (so your bones' joints can move easily).

## Know your body

The right levels of health-related fitness will help keep childhood and adult diseases like heart disease and some cancers away.

For sports, you need skill-related fitness, which includes:

- ✓ *speed* (how quickly you can move your body across distance)
- ✓ *power* (how much strength you can generate at high speed)
- ✓ *agility* (how nimble you are in changing directions quickly and skillfully)
- ✓ *balance* (how well you keep your body in a stable position).

Personal qualities that are important for keeping fit include taking **personal responsibility in daily effort** (PRIDE) as you:

- ✓ exercise
- ✓ set achievable personal goals to be physically active daily
- ✓ eat in balance and in moderation
- ✓ making a commitment to stay the course of leading a healthy lifestyle.

Now you know what PRIDE stands for, practise it! Follow the tips below. And take part in our contest!



Can you cross 10,000?

### Measure your activity with your Stepometer:

This neat device measures the number of steps you take. Your mission: to cross 10,000 every day. How can you achieve this? Use your Stepometer to figure out which daily activities add up your points faster – those are the ones to do more of. (Stepometers are given free to students in schools taking part in the Step With It programme. Visit [www.newsforkids.com.sg](http://www.newsforkids.com.sg) and click on the "Step Up Singapore" logo for details.)

### Practise PRIDE

- Walk for 10 minutes 2-3 times daily, or 5 minutes 5-6 times daily.
- Try to walk up two or three flights of stairs daily.
- Play a game of basketball, badminton or soccer for at least 30 minutes daily.
- Restrict sedentary time to no more than 2 hours at a stretch: break it up with 5 minutes of brisk walking or stair-climbing.
- Eat in balance and in moderation.

It's your body: work it!

### Try our quiz before you start

- To find out whether you're ready for more physical activity, visit [www.newsforkids.com.sg](http://www.newsforkids.com.sg) and click on the "Step Up Singapore" logo (like the one above.)
- If you are feeling ill, or have a cold, wait till you feel better.

Go online for more!

Enter our contest!

**Win great prizes!** Answer this question: What does PRIDE stand for? Also, tell us how you've added more physical activity into your life. Email [step@newsforkids.com.sg](mailto:step@newsforkids.com.sg) with your name, class, school and home address.

Dr Michael Chia is a specialist in Physical Education and Sports Science at the National Institute of Education. "Step Up Singapore" is part of F&N Coca-Cola Singapore's efforts to promote healthy active lifestyles.