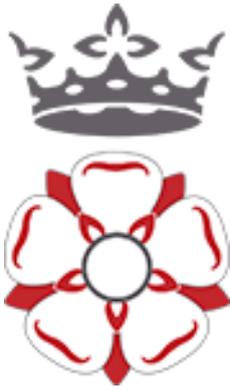


King Egbert School



Inspirational quote of the week

'The way to get started is to quit talking and begin doing' (Walt Disney)

Health and Wellbeing

Bulletin

Week 7



Exercise

Exercise has been crucial during lockdown. Walking, cycling, running a youtube work out all make a difference to our wellbeing.

A reminder of why?.....

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

If you are regularly physically active, you may:

reduce your risk of a heart attack

manage your weight better

Can you achieve these 5 things this week?



1. **Drop a message to someone in your class or year group that you have not communicated with since lockdown.**
2. **Do a job at home to help out your family.**
3. **Check your uniform and school things are ready for next week.**
4. **Learn to say hello, how are you in 2 new languages.**
5. **Reflect upon the lockdown. What has gone well? What are you forward to doing?**

Examples of static stretching



Static stretching is a composition of techniques and stretches while the body is at rest and inactive.

When Should I Stretch?

Static stretching can be done both before and after exercise and/or physical activity, but it is recommended for afterwards.

This recommendation is so because static stretching is considered better for "cool down" purposes to relax the muscles

If you have achieved or had a go at any of the things on this bulletin, please do e-mail a brief write up or photo to your head of house. Atlas (jqooke@ecgbert.sheffield.sch.uk), Crucible (LBailey@ecgbert.sheffield.sch.uk), Henderson (abarker@ecgbert.sheffield.sch.uk), Kelham (cexton@ecgbert.sheffield.sch.uk), Steel (SDabbs@ecgbert.sheffield.sch.uk)