

I'm In Charge! ALL 2021

Semester 1

(Sec 2)



Day : Monday
Time : 2.45pm – 3.45pm
Venue : School Hall
Reporting Time : 2.40pm

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Teacher I/C: Ms Stella Yap (Ext 157)

Kindly inform Ms Yap and/or your PE teachers early if you are unwell and/or unable to attend.



A Healthy Lifestyle not only improves your physical health, it changes your mind, attitude and mood.

WEIGH TO GO! ☺

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2021



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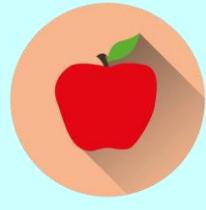
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FITNESS TIPS For beginners

TIP 1 Define a goal

SEARCH DESIRED
WEIGHT, IMPROVE
YOUR FITNESS...



TIP 2 Consult your doctor

HE WILL HELP YOU
KNOW YOUR INITIAL
CONDITION



TIP 3 Comfortable clothes

USE APPROPRIATE SPORTSWEAR
TO PREVENT
INJURIES



TIP 4 Warming & Stretching

IT HELPS BLOOD FLOW
MUSCLE AND PREVENT
INJURIES



TIP 5 Cardio exercise

IT HELPS TO DEVELOP
THE BREATHING
TECHNIQUE AND TO
LOSE WEIGHT



TIP 6 Hydrate

WATER IS VITAL TO THE
BODY AND HEALTH ALSO
IT REMOVES TOXINS



TIP 7 Rest well

YOUR MUSCLES NEED REST
TO RECOVER HIS
STRENGTH



TIP 8 Eat well

A BALANCED DIET WITH
PROTEIN, CARBOHYDRATES,
FIBER AND FAT WILL
HELP YOUR FITNESS



TIP 9 Track your progress

KEEP TRACK OF YOUR WEIGHT,
BODY FAT PERCENTAGE
AND RESISTANCE
MEASUREMENTS



TOP 10 FITNESS FACTS

1 Exercise boosts brainpower



2 Exercise gives you energy



3 Movement melts away stress



4 It's easy to find time for fitness



6 Exercise helps ward off disease



7 Exercise boosts performance



8 Exercise lets you eat more



9

Weight loss is NOT the most important goal



5 Exercise builds relationships



10 Fitness pumps up your heart

