

I'm In Charge! ALL 2021

Semester 1

(Sec 2)



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

Schedule

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Session 6	T2W4	12 April 2021



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Things to Bring : ✓ Water Bottle
✓ Personal Medication
✓ Inhaler (where necessary)



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! 😊

I'm In Charge! *Active Lifestyle For Life* 2021



Active Lifestyle for Life *Programme Structure*

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Time	Menu Of The Day
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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



6 Exercise helps ward off disease



2 Exercise gives you energy



7 Exercise boosts performance

3 Movement melts away stress



8 Exercise lets you eat more



4 It's easy to find time for fitness



9 Weight loss is NOT the most important goal

5 Exercise builds relationships



10 Fitness pumps up your heart

