School Partnerships
Hollybrook Academy & MBK

Tips for a Healthy Lifestyle
Relaxation

What to do to relax?

- Yoga
- Exercising your lungs
- Massage
- Relax your mind
- Calm environment
- Drink nice cold water when you are angry
- Have early nights (go to sleep early)
- Think positive (even at the hardest times)

What not to do to relax?

- To work long hours
- Stress yourself
- Drink unhealthy drinks (ICE TEA, COKE)
- Don’t overthink
- Don’t stay awake for too long
- Don’t keep your worries to yourself, talk to someone
- Don’t be hungry
- Don’t go on your phone too much

Best time to relax

- In the afternoon
- In the evening
- After sports
- If you had a stressful day
- After the lunch
- After school/ work
You should do sports on a regular basis but don’t do too much as it can affect your heart and you can end up passing out or dead in the process. If you don’t do sports at all you can end up lazy and not be bothered to do anything and end up fat because of the lack of exercise. If you have an unhealthy diet, you will also end up fat. We suggest that you exercise for 3 times a week for 30 minutes for endurance, the results of exercising 3 times a week are shown as a good thing to do; this is because you burn of a lot of calories and you can last longer while doing exercise.

We suggest that when you play sport you be flexible with what kind of sport you do, instead of doing 1 sporting activity you go head first and play other sports like doing team games (football, basketball, netball) and do singular activities (fitness, running, cycling). Also while you do the sport you are playing, always have some water or juice to keep you hydrated.
Free Time Activates
We surveyed our students to check what they did in their spare time
The results we received are rather concerning; most students would spend their time doing non-movement activities: playing videogames, listening to music while lying down, which can lead to an unhealthy / obesity lifestyle and have a detrimental effect on their health, thus causing health problems to occur: overweight, developing type 2 diabetes, certain types of cancers may occur, if the issues were not to be addressed, we would like to encourage our students to do activities which involve a lot of movement, which can be beneficial to the student’s lifestyle, e.g. exercise, sports and such.

We would like to address the issues also with parents and carers. We would like to encourage parents to motivate their child to do activities that require a lot of movement: sports, outdoor activities and such.

Food and Drinks
Food and Drinks

How to eat and drink healthy?

- Drink at least 1 ½ a litres per day
- Drink water
- Eat fruit and vegetables 5 times per day
- Eat whole grains
- Eat one or two spoons of unsaturated fats per day, for example authorial oils or nuts
- Replace sugar with juices
- Don’t eat too much wheat
- Don’t eat much meat, only once a week
- Avoid unhealthy saturated fats
- Eat less sugar and salt
By S6/5 Erasmus Project Team
All Our Erasmus Project
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