YEAR 7 HEALTH SPOTLIGHT.



Physical Activity

- 71% of students didn't meet the daily physical activity recommendations
- 61% of students spent >6 hours/weekday (outside of school time) on sedentary behaviours (watching TV, playing computer games, reading)

Recommendations

- At least 60 mins of moderate to vigorous physical activity each day. This can be several short sessions.
- Vigorous activity at least 3 days/ week to strengthen muscles and bones
- Limit time sitting down

Benefits

- C Learn new skills
- (:) Maintain good health
- Improve confidence and self-esteem



- Get active with friends during recess or lunch
- Walk or ride your bike to and from school



Sleep

- The majority of Year 7 students, 83%, said that they never awoke from sleep to watch TV or use an electronic device
- 58% of Year 7 students have less than the recommended number of hours sleep each night

Recommendation

Young people aged 12 to 13 years get **9 - 11 hours** of uninterrupted sleep each night

Benefits

- Increase energy levels
- Increase memory, creativity and decision making
- Improve physical health, immunity and muscle repair

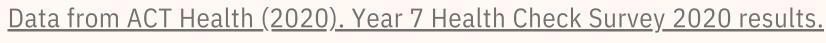


- Have a consistent bedtime and wake-up time
- Be or stay active during the day so you feel physically tired at night
- Download the Headspace: Meditation and Sleep App



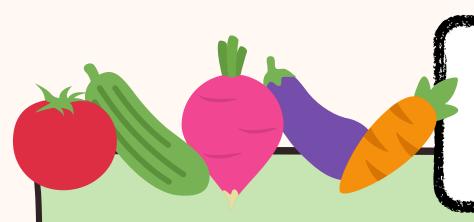






YEAR 7 HEALTH SPOTLIGHT 3





Diet



- 84% of Year 7 students eat 2 or more serves of fruit daily
- 61% reported they usually eat breakfast
- Only 27% eat the recommended serves of vegetables daily
- 93% reported eating fast food or snacks in the 7 days prior to the survey
- 85% reported they consumed sugar-sweetened drinks at least once a week

Recommended serves/day for adolescents aged 12-13

Lean meat, poultry, fish, egg, nuts, beans: 2.5 serves

Oil, butter, margarine: Use small amounts

Grains:
6 serves for boys,
5 serves for girls

Milk, yoghurt, cheese: 3.5 serves

Vegetables, legumes: 5.5 serves for boys 5 serves for girls

Fruit: 2 serves

Benefits

- Better mood and energy levels
- (:) Maintain a healthy weight
- Improve memory and brain health
- Improve heart health and lower disease risk
- Strong bones and teeth
- (:) Improve gut health





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Whole grains
(Wheat/ brown
bread/ rice/ pasta)
Reduced fat
Water



Refined grains (White bread/ rice/ pasta) Full fat Soft drinks





