

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

- 😊 Learn new skills
- 😊 Maintain good health
- 😊 Improve confidence and self-esteem

TIPS

- 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

TIPS

- 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

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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

TIPS



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



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