



**DAILY CHECKLIST**

-  Nutritious breakfast
-  Avoid excess sugar, salt, fat
-  Exercise 30+ minutes
-  Drink 6+ glasses of water
-  Eat fresh fruit & vegetables
-  Limit caffeine
-  Relax & stretch
-  Screens off 1 hour before bed
-  Sleep 7-8 hours

# Oiling the Wheels

Quality fuel, easy on the pedal and park it overnight.

There are many similarities between maintaining a car and looking after the human body.

Racing teams spend millions perfecting the formula for maximum performance, while many of us fail to invest the minimum care and attention our body needs to operate at its best.

### THE RIGHT FUEL

There is no single eating regime on the planet that is right for everyone.

However, there are certain basic dietary requirements that must be fulfilled to keep your mind and body humming smoothly.



### LUBE AND OIL CHANGE

The physical body you travel around in needs to be 'driven' daily to keep its moving parts lubricated and functional.

Your muscles need intensive movement to stay toned and supple.

Your bones need weight-bearing activity to stay strong, and your joints need water for lubrication.



Muscle *atrophy* (wasting), *osteoporosis* (brittle bones) and *arthritis* (sore joints) are now more common because **people are neglecting their physical body in favour of 'exercising' their mind.**

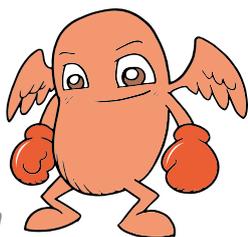




## STRESS HEAD

Stress is your body's natural response to perceived danger, or a sudden or exciting event.

The stress hormones *adrenalin* and *cortisol* are released to help you defend yourself or make a quick retreat.



**Adrenalin**

The 'fight or flight' response was a life-saver for our ancient ancestors who were constantly exposed to physical threat. Unfortunately, modern life is stressful in a different way.

The mental stress many of us experience is low level but constant. The hormones that once helped us survive are now corroding our brain and body causing (among other things) learning problems, memory loss, immune system weakness, weight gain, heart disease and mental health issues – particularly in teenagers.

There is no such thing as 'good' stress and 'bad' stress. The same stress hormones are triggered in both positive and negative situations.

## WASH AND POLISH

A healthy adult body needs around 7-8 hours sleep to properly clear stress hormones and other waste products, and to repair itself. Children and adolescents need around 9-11 hours.

While you are awake, a chemical called *adenosine* builds up in your brain. The increasing concentration of adenosine eventually makes you feel sleepy.

When you sleep, your brain is able to rest and recover, and the adenosine gradually decreases so you can wake up. Caffeine keeps you alert artificially by blocking your adenosine receptors.

Conscious thinking produces a protein called *amyloid beta*. During sleep, cerebral fluid flushes out this byproduct – like a car wash for your brain!



Over time, lack of sleep causes a toxic buildup of amyloid beta, which makes it hard to think clearly and has been strongly linked to Alzheimer's disease.

## EXTENDED WARRANTY

Lifelong health comes from maintaining a good daily routine. It starts early when children learn how to look after themselves from their parents, friends and society (media and advertising).



**Supporting children to establish positive lifestyle habits is a precious gift that will give them the best possible chance for a long and healthy life.**

