

## HEALTH & PHYSICAL EDUCATION

Embrace the Physical Education Program

Focus on fitness and feeling good, not appearance

## CO-CURRICULAR PROGRAM

Continue your regular sporting commitment

Be a part of a team

Develop your skills

Work on your cardiovascular capability

Track your progress in the app

## MORNING ACTIVITY SESSIONS

8:15 to 8:30 weekdays

Student-led movement sequences

A gentle start to the day to get you focused and energised

# SCOTCH FIT



# PHYSICALLY FIT

## TRY YOGA, PILATES, OR BARRE

Enhance strength and flexibility and join Miss Smith's Yoga classes.

Look for other providers online and try something new and develop your own routine

## HEALTHY EATING

Food affects your mood  
Maintain a balanced and nutritious diet

Prioritise healthy food options

Limit snacks

Select water over other beverage options

## NATURE & THE OUTDOORS

Walk the dog  
Go for a run

Ride your bike or scooter

Get a daily dose of sunshine  
(with permission and social distancing)

> BOOSTS YOUR MOOD

> RAISES ENERGY LEVELS

> 9 OUT OF 10 PEOPLE FEEL BETTER AFTER EXERCISE

> HELPS MANAGE STRESS

## GOOD SLEEP

Maintain a regular sleeping pattern

Aim for the appropriate amount of sleep for your age

Establish a screen free bedtime routine

Keep digital devices out of the Bedroom



# Scotch FIT

Wellbeing at Scotch is characterised by maintaining a balance between the resources we possess and the challenges we face. The Scotch Fit framework reminds us that wellbeing is a multi-faceted construct.