**LO: I understand how your lifestyle can impact your body and mind.**

**BLP: Reasoning 4**

**WSFL: Developing a Healthy Lifestyle**

**Hard**

- Create a table to compare healthy and unhealthy lifestyle choices. Remember to include mental health. For instance, having a hobby/interest can be good for your mental health.

See example below:

|  |  |
| --- | --- |
| **Healthy** | **Unhealthy** |
| **Regular exercise** | **Smoking** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**Harder**

Look at Scenario 1

**Scenario 1**

I eat a healthy diet every day and exercise for 30 mins 3 times a week. I don't smoke or drink.

What is their lifestyle like? - Give your recommendations (what improvements could they make).

**Hardest**

Look at Scenario 2

I am a computer gamer and like to eat snacks and treats while I play my games. I cannot survive without energy drinks as I stay up later night trying to beat the youtubers.

What is their lifestyle like? - Give your recommendations (what improvements could they make).

**HOTs**

Describe and evaluate your own lifestyle. What improvements could you make?