|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Lifestyle Choices Include:**  Smoking  Drinking Alcohol  Taking Drugs  Diet  Exercise  25 | 26 | C:\Users\Laura\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JL5S4YJJ\MC900084060[1].wmfImage result for health and wellbeing  27 | 14 units of alcohol is 6 pints of beer. You have drank them all at a party in one night! **Go back 7 spaces for binge drinking!!**  28 | 29  **Did you know?** Diabetes, High Blood Pressure, Heart Disease and Strokes can all be caused by having **too much body fat.** | **You are the WINNER!! Congratulations!**  **Image result for health and wellbeing** |
| Not having a balanced diet means you are not getting enough vitamins and minerals to aid growth and development.  **Go Back 13 spaces**  24 | **Your blood pressure is the ideal 120/80!** You are at less risk of heart attacks, kidney disease & strokes.  **Advance 3 spaces!**  23 | 22C:\Users\jeyner\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6789F975.tmp | Image result for health and wellbeing  21 | C:\Users\jeyner\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6789F975.tmp20 | **Did you know that smoking can cause:**  Bronchitis  Emphysema  Asthma  Smoker’s cough  Strokes  Gum Disease  Cancers 19 |
| C:\Users\Laura\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\S779HHEE\MC900343839[1].wmf  Image result for health and wellbeing  13 | Image result for health and wellbeing 14 | 15  **A poor peak flow reading can indicate conditions such as lung cancer, cystic fibrosis, emphysema and bronchitis.** | **Benefits of Exercise**  Relieving Stress  Better Concentration  Improved Sleep  Relaxation  Feeling Happy  Socialising  16 | **Congratulations on doing 30 minutes a day exercise! Advance 4 spaces!**  17 | C:\Users\Laura\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IL35ROQ3\MC900110743[1].wmf18  **Caught smoking behind the Sports Hall.**  **Go back 10 spaces.** |
| 12  **Not eating enough Nutrients can cause:**  Depression, Tiredness  Stunted Bone Growth  Cancer, Rickets  Anaemia, Anorexia | 11 | **Air Pollution** in your town from cars is aggravating yourasthma, and irritating your eyes, nose and throat. **Go back 6 spaces**.  10 | **9** Did you know? Peak Flow is used to check if your airways are narrowed.  This is often used to see if you have conditions like Asthma, Bronchitis or Emphysema. | 8    Image result for health and wellbeing | 7**Image result for health and wellbeing** |
| **Start** your quest on the **Health & Wellbeing** journey. You will have setbacks and obstacles on the way… but see who can achieve the goal of having the best Health and Wellbeing first! **1** | **Congratulations!** Your BMI is between 18.5 and 24.9 and you are a Healthy Weight. Advance 9 spaces.  **2** | **C:\Users\Laura\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\555CIJA5\MC900324470[1].wmf3Image result for health and wellbeing** | C:\Users\jeyner\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6789F975.tmp**4** | What is the maximum recommended units of alcohol that a person drinks per week? If you know… advance 4 spaces. 5 | 6  **A balanced diet** should contain fats, minerals, vitamins, proteins, dairy, carbohydrates, fruit and vegetables -  5 a Day! |

**Start Here!!**