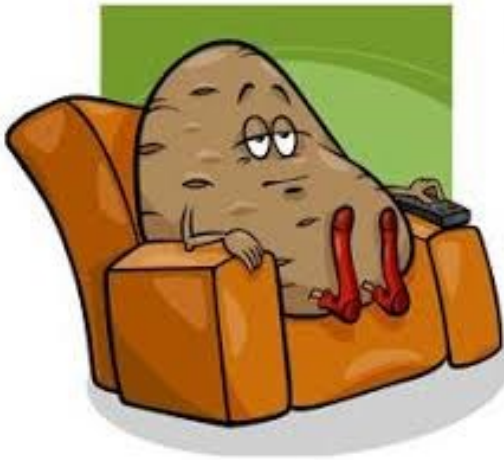


Getting fit, staying fit!

Jo Keogh



Pablo was enjoying his course at Morley College, but he noticed that he was beginning to feel a bit tired and unhealthy. Perhaps it was because he was spending so much time in the classroom, and studying in the Library. By the time he got home he just wanted to watch a film, or play a game.



He wondered what he could do to get fitter, and to lose a bit of weight.

Walking

Pablo's journey to Morley was on the tube and bus, and took him about forty-five minutes. Perhaps he could get off the bus a bit earlier, maybe one or two stops before his usual one.



That would mean he would walk an extra ten minutes. If he did the same thing in the evening that would be twenty minutes of extra exercise every day!

But what else could he do to get fit?

Running

“Some people like jogging,” he thought. He had seen men and women, old and young, running in the park, and even on the streets. Some of them wore brightly -coloured outfits: shorts or jogging pants, t-shirts, sweatshirts, trainers, and headbands. He wasn’t sure if he wanted to do that!

Some of them took a dog with them, to keep their pet fit too!



Swimming

He remembered that one of his neighbours had mentioned the local fitness centre. They had two swimming pools: one outdoor pool and one indoor pool.



In his own country he had often gone swimming in the summer, sometimes in a pool, or the river, or in the sea. It made him happy to remember those times. Perhaps he could find out how much it cost to swim at the local swimming pool.

Team sports

“I know”, he thought, “perhaps I could join a team!”. There was football, and baseball, and hockey, and rowing, and rugby...

When he was younger he had played basketball, and was quite good at it. He enjoyed being with his mates, and he liked it when they won! He would go to the library and see if they had any information about local teams.



Eating well

It would be good to do some exercise, but he also knew that he needed to change his eating habits.

Fast food

Every day he woke up a bit too late and had to rush to get to college on time. So he never ate any breakfast. He just grabbed an expensive cup of coffee before his class started.



By 11 o'clock he was extremely hungry. He bought himself a bar of chocolate or a piece of cake and another cup of coffee. Oh dear!

At lunchtime he went to a fast food place and bought a burger and fries, they were quite cheap.



By the time he got home in the evening he was tired and did not want to start cooking. So often he would heat up a ready meal or put a pizza in the oven and have a beer or a coke.

He thought about the food he ate. No wonder he was getting bigger and bigger!

“I need to make a change”, he decided.

Healthy eating

So he did some research on the internet about healthy eating. It seemed quite simple, he definitely needed to eat more *fresh* food, including plenty of **fruit and vegetables!**



That wouldn't be too difficult, he knew there was a local market or he could pop into the supermarket. He would stock up at the weekend, and each day he would take a few different things to eat at College.

Nuts

He also really liked nuts, so he could buy a bag and eat them when he got a bit hungry during the day.

Fibre

He read that he needed to eat plenty of *fibre*, that meant brown rice, brown pasta, brown bread. And pulses like beans, peas and lentils.



Meat and fish

Of course, he would probably still have to eat some meat and fish, because he needed protein, particularly if he was going to be doing more exercise in future!

Sleeping well

Pablo also thought about how tired he felt, and wondered if he was getting enough sleep.



Some nights he stayed up until 1 o'clock in the morning, watching videos, listening to music, answering his messages, chatting online, or studying.

Some nights he went to bed at 11.00. And some nights he didn't go to bed at all!

So he did some more research. It seems that most adults need 7-8 hours sleep.

Also it is important to have good sleep habits, go to bed at around the same time each night, and make sure there is lots of air in the room.

He learned that he should not keep any electronic devices in his bedroom: no phones, no laptop, no tablet because they interfere with your sleep.



RELAX

No smoking!

And lastly Pablo **knew** he really should give up smoking!



He had been smoking since he was 14 years old, and smoked several cigarettes a day. Oh dear! If he really wanted to get fit and healthy then they would have to go too.

He had some friends who had used patches to help themselves break the habit. Some people went to their G.P. to get help or joined a club for smokers who wanted to give up.

He discovered that the NHS provided free online support for smokers trying to quit, called Smokefree, <https://www.nhs.uk/better-health/quit-smoking/#>

Pablo's new healthy life

Pablo was full of determination, he really wanted to feel fit and healthy!

He decided he would:

1. Join a sports club
2. Walk a few extra minutes to and from college
3. Buy fruit and vegetables and nuts at the weekend and take them to college with him
4. Start a new habit for going to bed
5. Use the advice for giving up smoking!

Soon he would be a new man!



New vocabulary

Fibre –part of your food that helps to move other food through your body and keep you healthy

G.P. - General Practitioner, a doctor

NHS - National Health Service, the public health system in the UK

Personalised - adapted to you personally

Protein - found in meat, fish and beans, it helps you to grow and stay healthy

stock up - buy plenty of

strategies - plans