

THE BISHOP'S SCHOOL, CAMP

SECOND SESSION

THE HEALTH AND WELLNESS CLUB

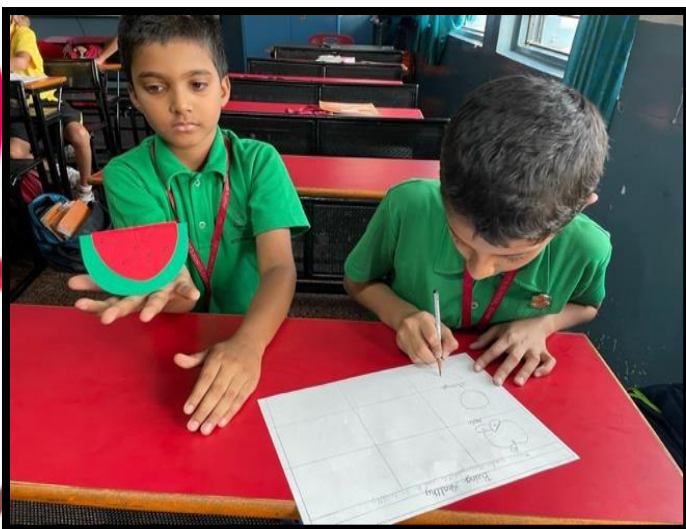
September 2023



“Fitness is not a destination, it’s a way of life.”

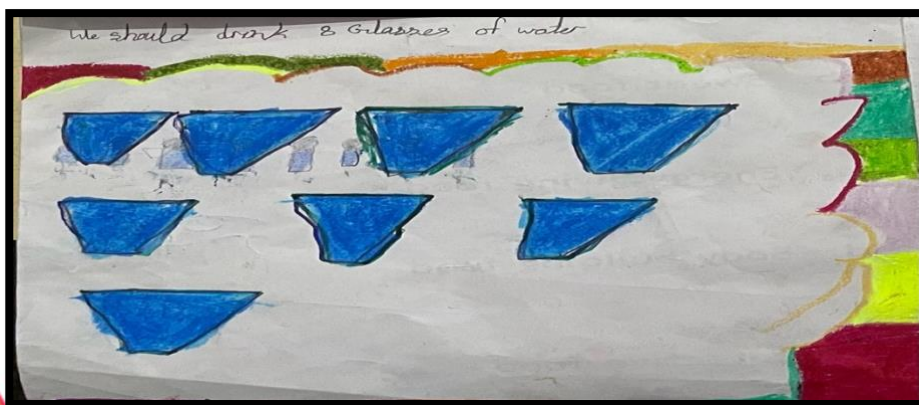
A sound mind can only exist in a healthy body. The Health and Wellness Club started off great. The children were taught about healthy food habits and different exercises to keep themselves healthy and fit. The primary difference between health and wellness is that health is the goal and wellness is the active process of achieving it.

We began with discussing about healthy and balanced diet. Nowadays children mostly love eating junk food like burgers, french fries etc. Eating a wide variety of nutritious foods, including fruit, vegetables, nuts, seeds and lean protein can help support your overall health.



Along with food, our body requires a lot of water. As young children are more active and always running about, they get dehydrated. We discussed about how much water is needed in our body-

“Getting enough water every day is important for one’s health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.”



The children learnt how water is important to every living being. We discussed the various tips of drinking more water:

- Carry a bottle with you and refill it throughout the day.
- Choose water over sugary drinks.
- Eat foods with high water content.

Drinking water does more than just quench your thirst. It's essential to keeping your body functioning properly and feeling healthy.



Children learnt about how exercises and yoga are important for our body.

Children love to play and be active. To benefit their health, children over 5 years of age should be physically active for at least 60 minutes every day. It doesn't need to be a structured sport but anything that gets them up and moving, will help.

Encouraging the child to be physically active every day will help them stay active and healthy through adolescence and adulthood.

We think that children have no stress or tension. We are wrong. They do stress about things like exams, coming first in class, being the best child etc.

Experts say that yoga prepares children to face the challenges of daily life. It introduces cornerstone values "such as non-harming, truthfulness, moderation, cleanliness, gratitude, and self-discipline,". Thus a yoga session was done with the children.



All this enabled the children to understand the importance of being healthy. Eating healthy food, drinking enough water and engaging in physical activities in their everyday life will help them to connect with the idea of being fit and healthy.



**Report by: Ms Rebecca Gomes
Mrs Milka Thomas**

