

HOW DO WE MAINTAIN A HEALTHY LIFESTYLE DURING QUARANTINE?

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INTRODUCTION

- Welcome to my IGNITE project! During this IGNITE experience, I was interested in Physical Activity and Health because this is the area I want to study in the future. This PowerPoint includes 4 infographic posters related to Physical Activity and Health.
- I hope you enjoy and happy reading!

- 1 About to begin researching
- 2 - Planning
- Figuring out what I'm going to present
- 3 A Slideshow or a human body analysis with a recipe
- 4 Focusing and researching
- 5 start researching about health and nutrition
- 6 Extra facts and in depth thinking

Earlier reflections

Questions

I am currently on track with my project because I am starting to write my book. I might need help confirming what I want to do for the presentation.

I need my student mentor to get on a call with me so I can get some help. My hiccup is the changing of school environment.

I was going to do a professional binded book but I can't because of the current situation.

I have thought instead to create my own book at home.

How do we maintain a healthy lifestyle during quarantine?

By Erin Doman

Whilst being in quarantine, it is important to maintain a healthy lifestyle because it results in you having a positive mindset and makes you motivated for the rest of the day, whilst you are home.

Nearly 30% of the world's population is obese

Yoga can boost your cognitive function and lower stress

Music improves workout

A pound of muscle burns three times more calories than a pound of fat

Music increases your stamina and puts you in a better mood



Yoga prevents immediate anxiety. Yoga builds your ability to calm, focus and balance.



How do we maintain a healthy lifestyle during quarantine?



Physical Activity

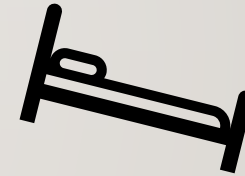
According to 'health.gov.au' it states that 'Physical Activity can have instant, lasting health benefits. Regular activity can improve your quality of life and can make you feel more energetic'.

Activities such as Basketball, Yoga and Walking are all examples of physical activity.

The benefits of Physical Activity include:

- Muscle strength and boost your endurance
- Helps with relaxation and sleep
- Help with weight loss
- Reduce your risk of chronic disease

Being cut off from in-person social interactions, combined with being stuck inside all day during quarantine can be difficult, especially not working out with your friends. There are alternatives.



How do we maintain a healthy lifestyle during quarantine?

Physical Activity

Staying home and working out may be different to your usual schedule, but quarantine gives you the opportunity to try something new.

YOGA

Yoga professes a complete system of physical, mental, social and spiritual development. Yoga focuses on balancing the mind and what better way to do it then in quarantine!

The benefits of yoga include:

- Weight reduction
- Increased flexibility
- Increased muscle strength and tone
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

The only equipment you need to do yoga is a soft mat to do your exercises on and a water bottle to keep hydrated.

HOW TO DO A YOGA POSITION: Plank

- 1 Tuck under your toes and lift your legs off the mat.
- 2 Slide your heels back enough until you feel that from your head to your feet your body is in a straight line.
- 3 Draw your shoulders down and away from your ears, pull your ribs together and breathe deeply. If you want a challenge, bend your elbows.



How do we maintain a healthy lifestyle during quarantine?



Physical Activity

The Australian 24-hour movement guidelines are set for children and young adults from 5 to 17 years old. It helps this targeted audience understand how much physical activity and sleep they should need each day.

For physical activity, the guidelines state that 'for optimal health, children and young people should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day'.

Children and young adults should aim for at least 60 minutes of moderate to vigorous activity per day. Vigorous activity can also be called high intensity exercise. Vigorous activity are activities done with a huge amount of effort and result in you having a higher heart rate and rapid breathing. Examples of vigorous activity includes: Cycling, Swimming and Aerobic Dancing.

Moderate activity are the activities that get you moving fast enough to increase your heart rate. You will also begin to sweat. Examples of moderate activity include: Tennis, Bike Riding and Dancing.



AUSTRALIAN 24-HOUR
MOVEMENT GUIDELINES
FOR CHILDREN AND YOUNG
PEOPLE (5 TO 17 YEARS)



REFLECTION

- I have loved this IGNITE experience because you can choose what you want to research and learn about.
- One thing I would have done differently during my project would have been to create a blog featuring my 4 infographic posters. Overall, I have really enjoyed this unit and I would like to thank Ms Baker for everything she has done to help me with my project. I would also like to thank Ricky my student teacher for giving me ideas and tips for my project.