Year 9 Personal Development

Unit 4: Healthy Lifestyles



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| Key Words | Meaning |
| Physical Exercise | Activities that keep our bodies active and strong. |
| Balanced Diet | Eating a variety of foods to get the nutrients our bodies need. |
| Well being | Feeling good mentally and physically. |
| Healthy | Doing things that are good for us. |
| Hormones | Special chemicals in our bodies that control growth and feelings. |
| Vaccination | Getting shots to protect us from sickness. |
| Motivation | Finding reasons to do things and stay healthy |
| Serotonin | A chemical in our brains that makes us feel happy. |
| Endorphins | Chemicals released during exercise that help us feel good |

What will I learn about?

You will learn about staying healthy this term. We'll cover physical exercise to keep your body strong, balanced diets for good nutrition, and well-being for feeling good inside and out. Understanding hormones, like serotonin for happiness, and endorphins for feeling good after exercise, will be part of our discussions. Vaccination keeps us safe, and motivation helps us stay focused on healthy habits.

