

Mi Generation

In pursuit of potential, purpose and passion

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ACTIVITY SHEET



Exercise and sleep are two of the most important factors that contribute to physical and mental health, especially for adolescents! Your brain only weighs about 2% of your body weight, but it consumes 20% of your body's entire energy production. To keep it fuelled and running well, you need to be moving your body and getting quality sleep. Not only will your brain thank you for it, but you'll also be looking and feeling better too!



PROGRAM DESIGN AND OBJECTIVES SUMMARY

This session is designed to help you:

- (a)** understand the benefits of booting up (exercise) and shutting down (sleep)
- (b)** develop a strategic plan to incorporate exercise into your life
- (c)** establish a healthy sleep routine

Booting Up

One of the best ways to boot up your brain is to get your body moving. But despite knowing the many benefits of exercise (physical health, clarity of mind, feeling great and looking good, just to name a few), moving your body can sometimes be a struggle.



BARRIERS TO EXERCISE

There are many reasons why booting up your body might be a struggle.

See how many of the following common barriers to exercise you can relate to: ✓

 I have no gym wear	 I can't get motivated	 No one to go with	 I'm just too busy	 I'll look stupid	 I've got no energy	 It's too hard	 Other

Once you know what your barriers are – the next step will be to find a solution!



PROS AND CONS

Before figuring out what to do, reflect on why you might do it:

1. What's bad about exercising?	2. What's good about exercising?
Example: Uses energy, takes time, makes me sweaty	Example: Gives me energy, makes me feel/look good
3. What would need to change to be able to exercise more?	4. What are the possible benefits of getting more active?
Example: Need to get organised, friends to join, fun	Example: Better health, new friends, improved grades

For most people, the barriers to exercise drop away when the prospect of having fun starts to increase. You need to find the kind of exercise that suits you best.

Find Your Rhythm

To get motivated and stay active, you need to find the right kind of exercise that you know you'll enjoy (or at least learn to enjoy) doing. Yes, that is right – fun and enjoyment is the golden key! If you struggle to get moving, maybe you just haven't found the rhythm that suits you best. Beyond the 'activity' you engage, there are many factors to consider.




How do/could you enjoy exercising? (Circle your answer)

HOW?	On my own	With my friends	Competitively
WHERE?	Outdoors	Inside	Either
CONDITIONS?	Loud environment	Normal environment	Quiet environment
COMFORT LEVEL?	High Level: Soulful and sweat-free	Medium Level: Heart pumping	Low Level: Bring on exhaustion
COST?	Free	Happy to pay if fun	Willing to invest for the things I love
TRAVEL?	I can't travel	If not too far, I don't mind travelling	Willing to travel far for what I love
SOCIAL?	Need to know or go with someone	I am happy to meet new people there	Prefer to exercise alone
CLOTHES/GEAR?	Whatever feels comfortable	Whatever gets the job done	I need good gear to feel confident
EXERCISE GOALS?	Not needed	Needed	Don't mind



What activities capture your interest?

	✓		✓		✓
Rock-climbing		Jogging		Boxing	
Trail running		Pilates		MMA	
Online Exercise Apps		Yoga		Horse Riding	
Bushwalking		CrossFit		Martial Arts	
Dancing		Basketball		Rowing	
Swimming		Archery		Athletics	
Netball		Cricket		Aerobics	
Tennis		Volleyball		Gym	
Stand up paddle boarding		Soccer		Trampolining	
Mountain bike riding		Football		Sailing	
Cycling		Gymnastics		Kayaking	
Skating		Fun Social sports		Surfing	
Ice skating		Golf		Skiing/Snowboarding	
Bush walking		Mountaineering		Ultimate frisbee	



**“You can’t
climb the
ladder of
success with
your hands
in your
pockets.”**

— ARNOLD SCHWARZENEGGER

Plan of Attack

Now that you've identified the things you like, it's time to develop an action plan! Based on your 'Rhythm' and 'Activity' preferences, consider the following questions to help get you moving:



Yearly Plan

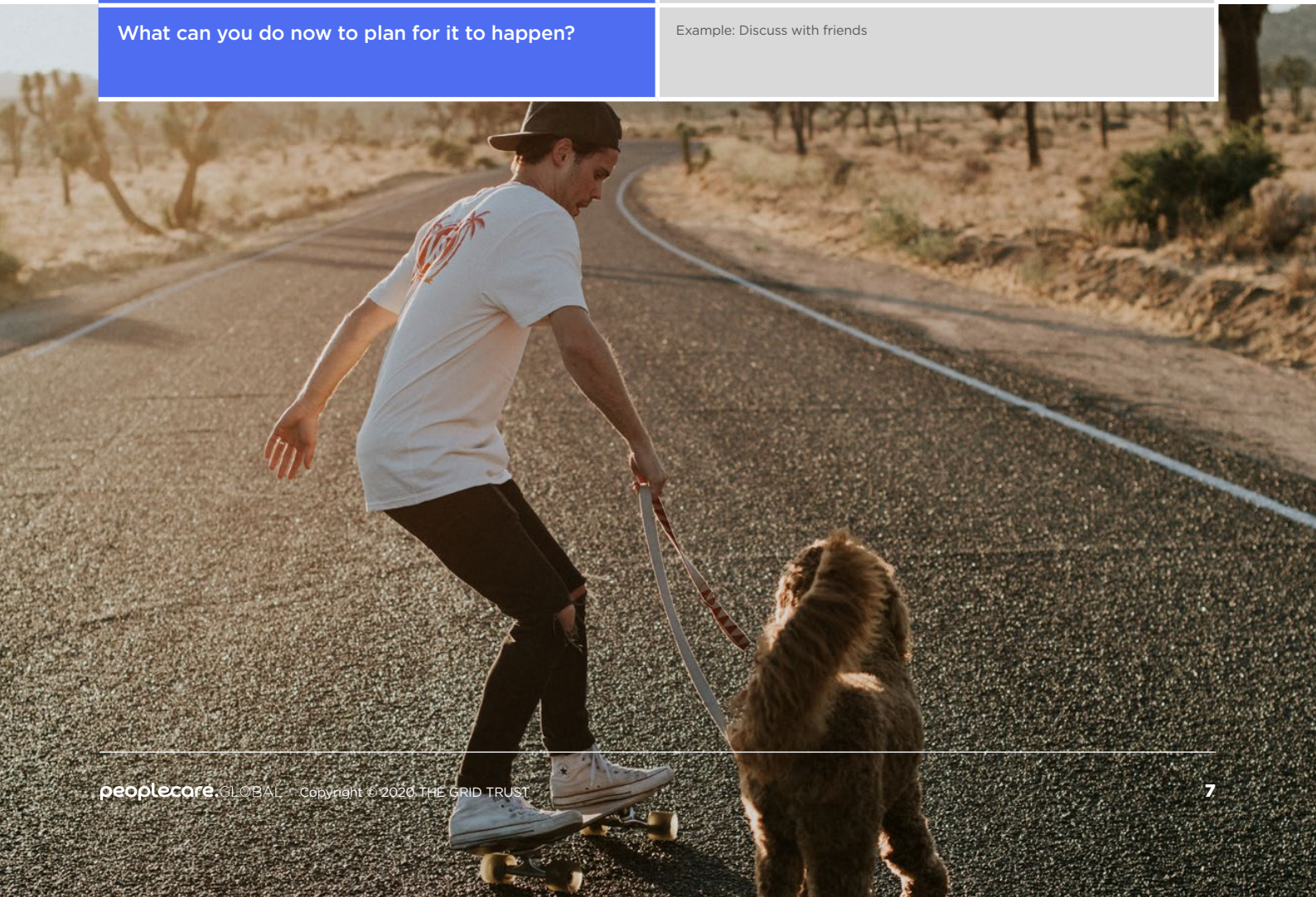
My Options

Identify 1 EPIC activity you could see yourself doing at least once per year	Example: Skiing/Snowboarding, Bushwalking, Sailing
What time of year?	Example: Winter, Autumn (fall), Summer, Spring
What can you do now to plan for it to happen?	Example: Winter, Autumn (fall), Summer, Spring

Monthly Plan

My Options

Identify 1 MAJOR activity you could see yourself doing at least once per month	Example: Team game or social outing with friends
What can you do now to plan for it to happen?	Example: Discuss with friends



Plan of Attack



Weekly Plan

My Options

Identify 1 FUN activity you could see yourself doing once per week	Example: Team sport, dance or martial arts training
What would be your goal in doing this?	Example: Health, fun, competition, social, academics
Which day could/would you do it?	Example: Weekday or weekend?
What roadblocks might stop you from doing it?	Example: Cost, friends, transport, sportswear, family
List 2-3 people that might support or join you?	

Daily Plan

My Options

Identify 1 fun activity you could see yourself doing every day (or most days)	Example: Swimming, running, cycling, gym, training
What time of day could/would you do it?	Example: Before school, after school, evenings
What would be your goal in doing this?	Example: Physical, mental, emotional well-being
What roadblocks might stop you from doing it?	Example: Lack of time, motivation, friends or fun
What could you do to overcome roadblocks?	Example: Set goals, plan ahead, enlist support
List 2-3 people that may support or join you?	



Quality sleep is essential

**FOR HEALTHY BODIES
AND HEALTHY MINDS**

Powering Down

Equally as important as 'booting up' is 'powering down'. What happens during the night will help determine how well you function during the day. Without enough Z's, you can be cranky, forgetful, moody, lethargic and have difficulty concentrating and learning.



Which sleep hygiene recommendations do you need to start implementing?

	✓		✓
Go to bed at the same time each night and get up at the same time each day.	<input type="checkbox"/>	Avoid checking your phone during the night (turn it off or put it on silent).	<input type="checkbox"/>
Only use my bed for sleeping - no TV, gaming, study or scrolling in bed.	<input type="checkbox"/>	Limit daytime napping (or if really needed, no more than 30 minutes).	<input type="checkbox"/>
Establish a relaxing bedtime routine. Sleep in a dark, quiet, cool room.	<input type="checkbox"/>	Exercise during the day (but not too late into the evening).	<input type="checkbox"/>
Create more space between screen time and bedtime.	<input type="checkbox"/>	Use relaxation apps on your phone to unwind.	<input type="checkbox"/>
Avoid caffeine after 3pm.	<input type="checkbox"/>	Don't clock watch if you can't sleep.	<input type="checkbox"/>

QUALITY SLEEP HELPS YOU GROW, BOOSTS YOUR HEALTH, IMPROVES ACADEMIC RESULTS, AND ENHANCES YOUR SKIN COMPLEXION!

THEY DON'T CALL IT BEAUTY SLEEP FOR NOTHING!

