

1 READING News from the health¹ club

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The health club at Southend School meets every Friday afternoon with Mr Holden. Read their post on the school website.

SOUTHEND SCHOOL					
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<h3>NEWS FROM THE HEALTH CLUB</h3> <p>Hi guys, have you ever asked yourselves if the way you live is good for you? How do you start your day? With a good breakfast? And what do you do when you come home from school? Do you go and sit in front of your computer or the TV, and stay there until your parents call you for dinner? Do these questions make you think? Well, read our tips! They can change your life.</p>					
<p>A Make sure you get enough sleep. And then start your day with a good, healthy breakfast. What about some cereals with milk and fruit? Or some fresh orange juice? You want something else? There are so many things you could have for breakfast. We have worked out ten healthy breakfasts – come and get our list and find out what you like best. There is something good for everybody. But the most important thing is that you get up early enough and take time for your breakfast. Sit down and enjoy your first meal of the day before you leave the house for school.</p>			<p>It helps if you know that you do your sport once or twice a week on a special day. And what's even better: time flies when you're having fun, and when you're with nice people.</p>		
<p>B Start a new sport. First of all, find out what sport you'd like to do. But don't just do the same sport your friend enjoys. This sport might not be the right sport for you. Do you like adventures? Then maybe rock climbing is the right thing for you. Do you want to do something more relaxing? Then do gymnastics or try yoga. If you really like the sport, it's easier to keep up with it.</p>			<p>D Why don't you find out about sport activities at the youth club? At many youth clubs you can play table tennis and some even have teams for volleyball, basketball, hockey or football. It's free and you can spend time with people of your age.</p>		
<p>C You should have fun with your sport. It's so much easier then. Doing sport in a group means you can have fun with other people and – more importantly – you can't skive so easily. You can make appointments with your group.</p>			<p>E The easiest way³ of doing sports is running and it's one of the cheapest ways too. You don't need money, you don't need any special gear. All you need is a good pair of running shoes. And you can go running with friends or people from the neighbourhood. Or simply phone Susie and contact the health club's running group. That's fun. And you're outside. That's also good for your new healthy life.</p>		
			<p>F Many people think that dancing is not a real sport! We don't think so. We like music a lot and we think that dancing keeps you fit. You can meet new people too. You can go to a dance studio or to dance classes. Or join our dance club at school. We do break dancing, ballroom dancing, hip hop and lots more. Find out what's best for you.</p>		
<p>Do you need help? Do you have any questions? Then come and see us! We meet every Friday afternoon in the sports hall.</p>					

1 health [helθ] *Gesundheit*

2 pay [peɪ] *zahlen, bezahlen*

3 way (of doing something) *Art und Weise, etwas zu tun*