

Staying fit and healthy



Lifesaving
education programs

In this activity, participants will demonstrate different physical activity and healthy habits that can help keep them fit, healthy and ready to help them enjoy various aquatic environments safely.

Outcomes:

- Understand the importance of healthy eating
- Understand the importance of keeping active
- Understand the importance of feeling safe

Key messages:



Be aware and be prepared

Equipment:

- ☐ Pictures or packaging of healthy and unhealthy foods
- ☐ Water bottles (participants should have their own)
- ☐ Whiteboards & markers
- ☐ Know your employer's policies and procedures for Safeguarding Children and Young People, particularly as some of these activities may bring up concerns for participants



Staying fit

Staying healthy



Instructions:

- 1 Discuss with participants the importance of staying active for optimal participation in aquatic activities.
- 2 Have participants stand in a circle.
- 3 One at a time, participants will pick a different aquatic activity, and show how they would warm up and prepare their body for that activity. For example, 'If I were a kayaker, I would need to stretch my back and shoulders.'
- 4 Invite participants to demonstrate other stretches they know of, to make sure all parts of the body are warmed up for the lifesaving education program activities. For example, cross body shoulder stretch, neck rolls, truck rotation, arm circles, forward lunges.

Instructions:

- 1 Discuss with participants the importance of healthy eating and staying hydrated for optimal participation in aquatic activities.
- 2 Using a range of food labels/packaging and/or images of foods, ask participants to identify where the item fits within the Healthy Eating Pyramid, and whether they would classify it as healthy.
- 3 Using the Healthy Eating Pyramid, ask participants to come up with a healthy meal, which will provide them with lots of energy before participating in aquatic activities.
- 4 Take the participants on a walk to the water tap/cooler to refill their water bottles.
- 5 Discuss with participants the importance of staying active for optimal participation in aquatic activities.

Video demonstration



Key questions:



Q. What are some foods you should eat/drink daily?

A. Fruits and vegetables, wholegrains, dairy and lots of water.

Q. Why is it important, and how often should you drink water when participating in physical activities?

A. To stay hydrated, especially when working hard and sweating, as our bodies lose water. Before activities, between activities and after activities.

Q. How much physical activity is recommended each day, for children over the age of 5?

A. Children over five years old should be physically active for at least 60 minutes, each day, for good health.

Q. Who can you talk to if you feel unsafe at an aquatic location?

A. Lifesaver/Lifeguard, Instructor, Water Safety Personnel, parents/carers.

Variation:

If you don't have access to the Healthy Eating Pyramid, participants can use whiteboards and markers to list or draw different foods, grouping them into different categories (i.e. dairy, fruits, vegetables etc...)



Fruit platters!

On the last day of your program, bring along a fruit platter for everyone to share at the end of the program. Talk about how eating fruit is a great way to replenish your energy in a healthy, yummy way.

Be sure to check dietary requirements with parents in case of allergies.