



BOROONDARA
EAGLES F.C.

Girls' Soccer Clinic Fact Sheet

Balance Is Key

Life Balance is a term used to describe the balance a person needs between time allocated for work, school, leisure activities (including football) and socialising.

Tips for Achieving Balance

- **Make time for family and friends**
- **Create a Study Plan**
- **Exercise Regularly**
- **Find hobbies you enjoy**
- **Chat to your friends about how you are feeling**

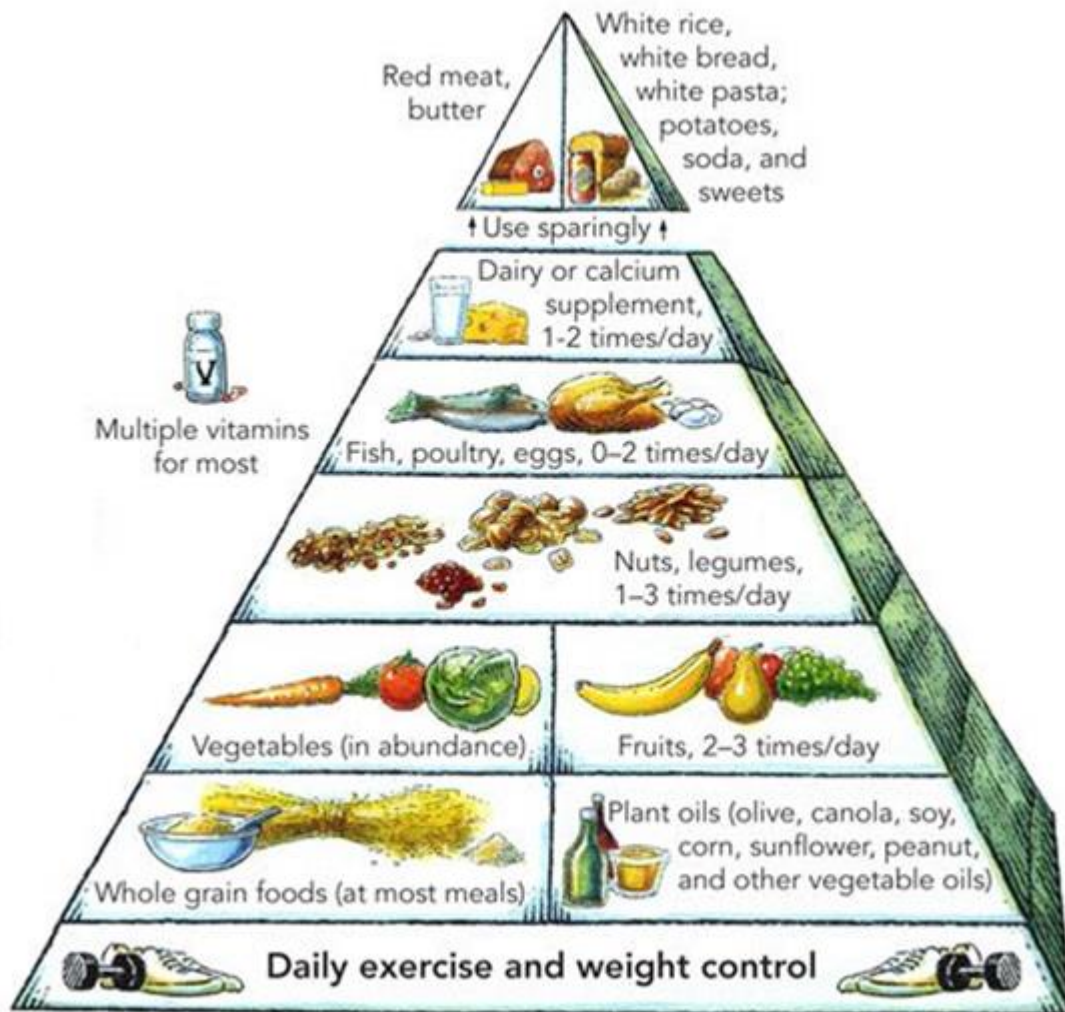
Balancing Your Diet

Eating a balanced diet is vital for good health and wellbeing. Food provides our bodies with the nutrients we need to grow and function properly.

Tips for a Healthy Diet

- **Eat lots of fruit and vegetables for vitamins and minerals (5 serves per day)**
- **Eat protein to help your body build and repair**
- **Enjoy 'sometimes' food (Fast Food, Food that is high in Sugar)**
- **Carbohydrates are one of your body's main sources of energy**
- **Drink plenty of water**

The Healthy Eating Pyramid



Reference: Department of Nutrition, Harvard School of Public Health

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