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How healthy is your lifestyle?

To stay fit and well you need exercise, a healthy diet, and plenty of fresh air. Do you need to make changes to your lifestyle? Find out by answering the questions below!

Physical activity

- Do you exercise for at least 30 minutes each day?
- Do you do a sport every other day?
- Do you spend less than two hours each day in front of a television or computer screen?
- Do you play outside every day with your friends or family?

yes | no

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Eating and drinking

- Do you drink water or juice instead of sugary drinks like coca cola?
- Do you drink around 1.5 litres each day (five big glasses)?
- Do you eat fresh fruit every day?
- Do you eat vegetables regularly?
- Do you eat crisps, biscuits or sweets less than twice a week?

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Fresh air

- Do you always open the windows for a few minutes when you get home from school?
- Do you open the windows after every lesson at school?
- Do you go outside during school breaks?
- Do you avoid places where people smoke?

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If you answered YES to between 0 and 4 questions, you have started to think about a healthy environment. Now you and your family need to work on a healthier lifestyle!

If you answered YES to between 5 and 9 questions, you are aware of your environment and your health. Now you need to do more physical exercise, eat more healthily, drink plenty of water and get out into the fresh air!

If you answered YES to between 10 and 13 questions, congratulations! You are well on the way to a healthy lifestyle!

On the road
to fitness and health
at home and school



Keeping healthy!

Doing lots of sport and eating fruits and vegetables every day helps us to stay fit and healthy. But we also need to look after the world around us. Keeping our homes, our schools and our environment clean helps us to stay well.

Clean air for life

The air that we breathe is a mixture of several gases. We all need to breathe to stay alive, but sometimes the air contains dust and gases that can make us ill. This is called pollution. Outside in the streets, the air is polluted by cars, buses and lorries, which produce exhaust gases when they burn fuel. Factories also produce waste gases that become part of the air we breathe.

At home and school

Inside our homes and schools the air can be polluted by smoking, or by the chemicals in cleaning products, paints and sprays. Think about the smell when someone is painting, or the changing room at school when everyone has used deodorant! Indoor air pollution can make it hard for you to concentrate on your lessons. It might also give you allergies or an illness like asthma.

What about the quality of indoor air in your classroom?

A group of experts are finding out about the quality of the air inside your classroom. They are part of a project called SINPHONIE, which stands for Schools Indoor Pollution and Health: Observatory Network in Europe. These experts need your help.

Measurements

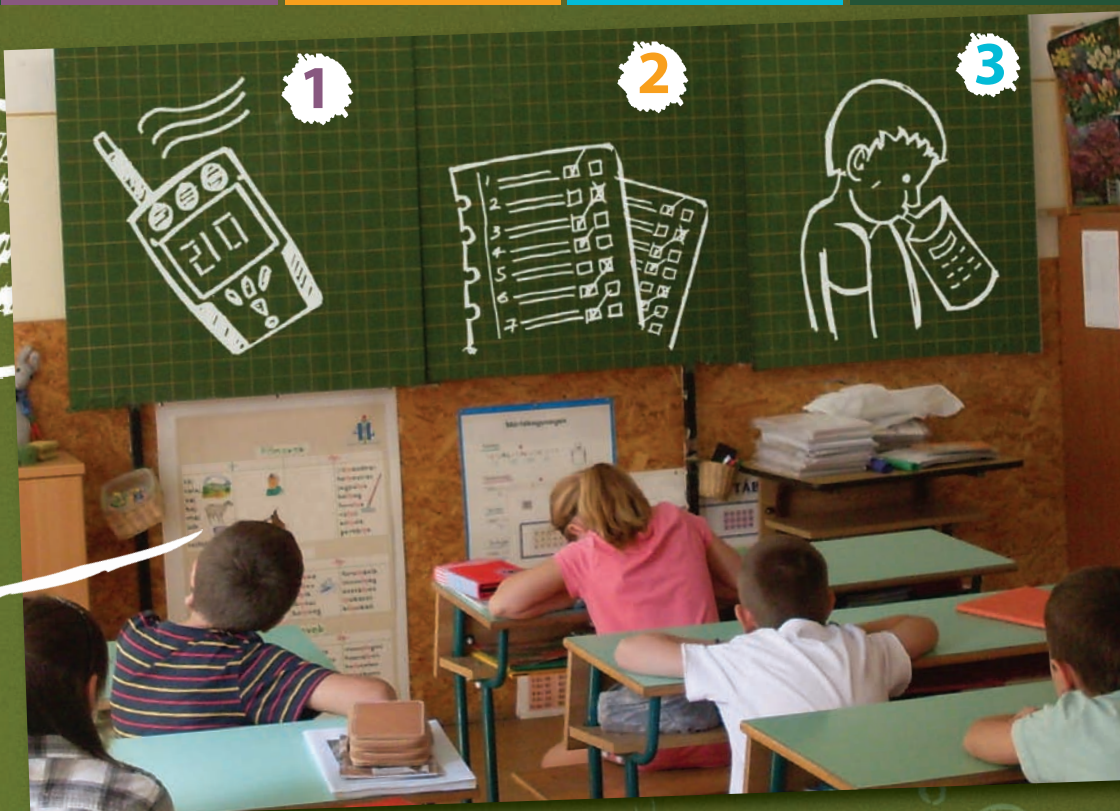
Experts will visit your classroom and measure the amount of carbon dioxide and other gases, and the amount of dust. They will use very sensitive equipment, which you must not touch!

Questionnaires

The experts will also need to know about you, your health and your classroom. Your teachers will answer questions about the school, and your parents will be asked questions about your home and about illnesses in your family. You will be given a form for them to fill in.

Examinations

A doctor will examine you with a special instrument called a spirometer. This shows how healthy your lungs are by measuring the amount of air you breathe in one go. You have to take a big breath and blow into a small pipe to show how much air you have in your lungs. Don't worry! It doesn't hurt a bit!



The air indoors

Have you ever noticed what a difference it makes when you open the classroom windows and let in some fresh air? When the air is too full of carbon dioxide it is hard for you to concentrate and you might have a headache or feel unwell. Letting in fresh air will make you feel better and will help you to think more clearly. You can help to make your school environment healthier by opening the windows regularly.

