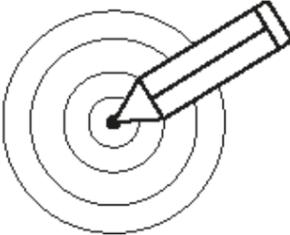


Maintaining a healthy gut

Plan a public health campaign to share what you have learned about maintaining a healthy gut. Use the ideas below to help you plan. Write notes in each box.

| | |
|---|---|
| <p>Goal</p>  <ul style="list-style-type: none"> • What do you want your plan to achieve? <hr/> <hr/> | <p>Who?</p>  <ul style="list-style-type: none"> • Who are you talking to? • What do they like? • What style will you use to talk to them? <hr/> |
| <p>How?</p>  <ul style="list-style-type: none"> • How will you share your message? Posters? Social media? Radio? TV? • Explain why. <hr/> | <p>What?</p>  <ul style="list-style-type: none"> • What key points will you share about healthy guts? <hr/> |

Next steps

What do you need to do next to develop the campaign?

- _____
- _____
- _____

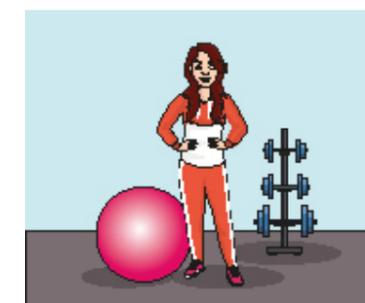
Designing a workout

Design a short workout that increases muscle strength. Use this outline to help you.

This workout is for: _____

Repeat this workout _____ times a week.

| EXERCISE NAME What is the exercise? Write instructions or draw pictures. | REPETITIONS How many times? | BODY Which part of the body does it strengthen? |
|--|--------------------------------|--|
| | | |



To make sure I am safe, I need to:

- _____
- _____
- _____
- _____