It's obvious, if you don't look after a car and don't put in the right petrol, it's not going to work properly. What many people do not realise is that our body is the same and what it becomes depends on how we choose to treat it.

We need to think carefully about the areas of diet, exercise, drugs and lifestyle, as these are the things that can have an impact on your body.

Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel. Some conditions are caused by deficiencies in our diet e.g. lack of vitamins.

The word 'diet' simply means all the food and drink you choose to put into your body. People can have a healthy diet or an unhealthy diet. Some people have a special diet, perhaps because they are diabetic, have coeliac disease, are vegetarians or because they need to lose weight. Your body is set up to be the best with a certain diet.

Doing one hour of exercise per day has a huge positive effect on your body.

Exercise = better blood circulation, better stamina and fitness, stronger bones and a whole host of other benefits.

Find an exercise you enjoy, otherwise you will not want to do it and it will become associated with negative feelings. Your body will benefit from a range of exercise, including aerobic exercises and strength exercises. There really is an exercise to suit everyone from kickboxing to yoga, from rugby to dancing.

Lifestyle means the way you live your life and this could be anything from your hobbies to what you enjoy doing as a family. People can forget that just a few simple changes to lifestyle can make changes to your body. Your lifestyle choices could be influenced by television adverts and programmes and peer pressure. Be brave and make the right decisions for you.

If someone rewarded themselves with sweets and cakes every time they did something good, what effect would this have on their body compared to if they had rewarded themselves with an adventure in the woods? If a family spent a lot of time watching television and eating takeaways, how would this be different to a family who played tennis together or went roller skating together in the evenings?