



"I AM MINDFUL"

Reasons To Be Healthy

BEING HEALTHY AS A FAMILY:

Try being active, eating healthy meals, and setting goals as a family to become healthier together.

Examples of tiny healthy habits:

- Cooking a new healthy recipe once a week
- Going on walks everyday after school and work
- Going to sleep at the same time every night

STEPS TO BEING HEALTHIER:

- Be physically active for at least 60 minutes each day
- Get 9-11 hours of sleep each night
- Eat a lot of fruits and vegetables and all of your food groups
- Create tiny habits that help you achieve your healthy goals as a family

HEALTHY HABIT OF THE DAY:

I will work hard at being physically active



Healthy LifeStars

WHAT IT MEANS TO BE HEALTHY:

Health is defined as the physical, mental and social wellbeing of a person being free from illness or injury. Defining someone as healthy can be seen through the actions someone takes to increase their health. These actions could be physical, mental, or social.

Try setting tiny habits of actions you can do as a family to be more mindful of your health.

Examples of what being healthy does for your body:

- Creates better muscle tone
- Healthy weight
- Less illness or sickness
- Healthy heart and blood pressure
- More energy throughout the day
- Healthy wellbeing and mental health
- No pain or stiffness

QUESTIONS TO ASK YOUR CHILD:

Q: Why is being healthy important to you?

Q: How does being active impact our heart?

A: It strengthens your heart muscle and it's ability to pump blood

Q: What does being healthy do for your body?

A: Strong bones, healthy skin, strong immune system, and makes us feel less stressed

Q: How can you encourage your friends or family to be healthy?

Q: What can you do to be healthier?

A: Be active, eat healthy, and set goals

Healthy Habits Lead to Better Focus and Energy

This is George, he only got **6 hours** of sleep last night because he stayed up watching TV. George slept in late so he had to eat a quick **breakfast of a pop tart**. When George got to school he was **so tired** he couldn't participate in PE class. George also found it **hard to focus** on school work and did poorly on his spelling test.



This is Maria, she got **10 hours** of sleep last night because she goes to bed at 8:30 every night. Maria ate **yogurt and fruit for breakfast**. Maria was **very active** during PE class and was **able to focus on her schoolwork**, even getting a perfect score on her spelling test.

Who is more likely to have energy throughout the day and why?

What healthy habits did Maria participate in?

Setting Tiny Healthy Habits



What is a tiny habit you can do each day as a family to help you be more physically active?

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What is a tiny habit you can do to help you get better sleep at night?

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What is a tiny habit you can do to eat healthier as a family?

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