

WELLNESS COMMITTEE

WINTER WELLNESS PRESENTATION

HEALTHY HABITS

- GET ENOUGH SLEEP
- EAT HEALTHY
- GET ENOUGH EXERCISE / GET OUTSIDE
- LIMIT SCREEN TIME
- GOOD HYGIENE (TAKE CARE OF BEING CLEAN!)
- STAY "PAWSITIVE"!





HOW TO GET ENOUGH SLEEP



ONE OF THE MOST IMPORTANT THINGS ABOUT HEALTHY HABITS IS GETTING SLEEP. YOU MIGHT NOT BE ABLE TO FOCUS IF YOU DON'T GET ANY SLEEP. HERE ARE SOME THINGS THAT CAN HELP YOU.

- SET A BEDTIME - AT LEAST 8 HOURS OF SLEEP BEFORE YOU NEED TO GET UP
- DO THINGS THAT MAKE YOU FEEL TIRED - READ A BOOK, TURN YOUR SCREEN OFF 1-2 HRS BEFORE BED
- DON'T EAT RIGHT BEFORE BED
- DON'T DRINK SUGARY OR CAFFEINATED BEVERAGES
- TURN YOUR LIGHTS OFF WHEN YOU GO TO BED

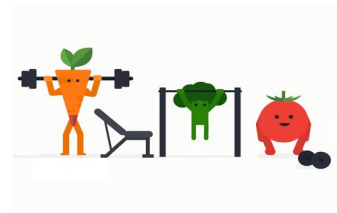
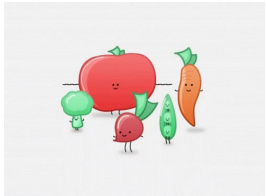


EAT HEALTHY FOODS

INCLUDE A RAINBOW ON YOUR PLATE!!!

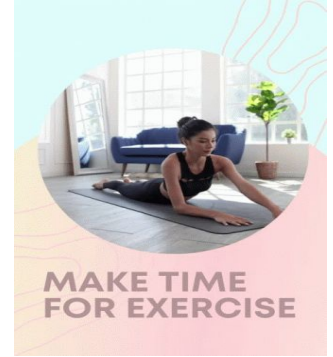
HOW CAN A RAINBOW HELP YOU?

- **STRAWBERRIES - HELP YOU STAY HEALTHY + FIGHT DISEASES**
- **CARROTS - HELP YOUR EYES THANKS TO VITAMIN A**
- **BANANAS - HELP YOUR STOMACH DIGEST FOOD**
- **SPINACH - HELPS YOUR BRAIN STAY ALERT THANKS TO VITAMIN K**
- **BLUEBERRIES - HELP CLEAR HARMFUL THINGS OUT OF YOUR BODY**
- **EGGPLANT - HELPS YOU HAVE A HEALTHY HEART**





EXERCISE DAILY



Why is exercise important?

- ❑ To build muscles
- ❑ To be more flexible
- ❑ To keep a healthy mind
- ❑ To keep a healthy body (your heart, lungs, etc.)
- ❑ Less chances of getting ill

Some Fun Exercise Ideas

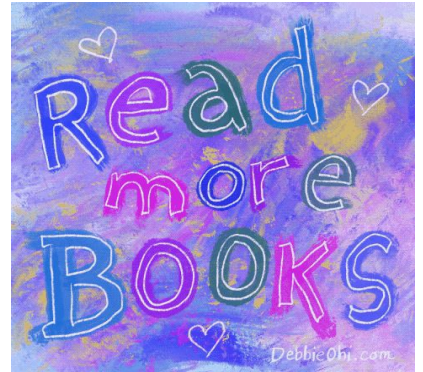
- Dancing to your favorite music
- Take your pets for a walk
- Nature hike
- Ride a bike
- Yoga

DON'T SPEND ALL YOUR TIME ON A SCREEN!

TRY THESE OTHER ACTIVITIES!



- JIGSAW PUZZLE
- PLAY WITH YOUR TOYS OR PETS
- COLOR OR DRAW
- READ
- QUALITY TIME WITH FRIENDS & FAMILY
- PLAY A BOARD GAME
- OUTSIDE SPORTS / ACTIVITIES
- JOIN A CLUB





GOOD HYGIENE



BEING CLEAN HELPS STOP THE SPREAD OF GERMS AND YOU WILL LOOK & FEEL BETTER ABOUT YOURSELF TOO! SHOWER REGULARLY AND WEAR CLEAN CLOTHES EVERYDAY:

- SHOWER AFTER PLAYING SPORTS OR PLAYING OUTSIDE ON A HOT DAY
- WASH YOUR GYM CLOTHES AT LEAST 1X / WEEK
- WEAR SOCKS TO HELP YOUR SHOES SMELL GOOD
- BRUSH YOUR TEETH AT LEAST 2X / DAY AND FLOSS AT LEAST 1X / DAY
- WASH YOUR FACE 2X / DAY TO HELP YOUR SKIN
- WASH YOUR HANDS 20 SECONDS (HELPS STOP THE SPREAD OF GERMS)



Power of **YET!**

Here are some examples of the power of **YET!**

- I can't do this math problem **YET!**
- My friend has a dog but I don't **YET!**
- I'm not famous **YET!**

*“There is a difference between
not knowing and not knowing
yet”*
- Sheila Tobias

TIP

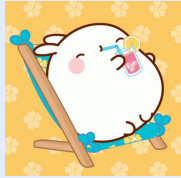
If there is something you can't do, Add the word YET at the end of your sentence because you can do ANYTHING. Just be “PAWSITIVE”.

DAILY REMINDERS

1 hour of electronics



4 Rest Breaks



7 glasses of water



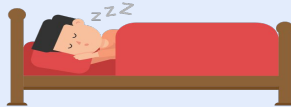
2 types of physical activities



5 fruits and vegetables



8 hours of sleep



3 Meals and 2 snacks



6 minutes of calm breathing



9 kind words



THANKS FOR LISTENING!!!

GO BULLDOGS!!!



SOURCES

<https://kidshealth.org/en/teens/tips-sleep.html>

<https://www.seniorfitness.org/health-benefits-of-eggplant/>

<https://health.clevelandclinic.org/>

<https://kidshealth.org/en/teens/tips-sleep.html>

<https://kidshealth.org/en/parents/exercise.html?ref=search>

<https://kidshealth.org/>