



High School

Healthy Lifestyles

Materials:

- Worksheet

Brainstorm: As you present the image below, ask the students if they believe their lives are in balance. What does it mean to have balance?



Discuss: Over the past few weeks, we have discussed the importance of managing stress and taking care of our bodies. Building healthy lifestyles helps us maintain a strong, healthy mind and body. What does a healthy lifestyle mean to you? Do you believe you live a healthy lifestyle? Accept answers from students. Creating healthy lifestyles brings balance to our lives.



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Dive in! To maintain a healthy body both physically and mentally, we must be mindful of how we treat our bodies. The balance is a combination of healthy eating, exercise, adequate sleep, managing stress to support a healthy body. This needs to be balanced with our emotional and mental health as well for our body to feel and perform at its best. Taking care of our emotional and mental health, includes managing stress, building healthy relationships, time management, and self care. Ask the students for any additional items to add to the list.

Our scale uses weights to measure units. The goal is to have equal weights on each side to maintain balance. For us, this means creating a healthy lifestyle to bring balance.

To have a healthy body physically we need to eat healthy. We need to consider the choices we make with the fuel we are feeding our bodies. We cannot expect our bodies to be at their best if we do not eat a variety of healthy foods, including fruits and vegetables. It takes effort and self-control to choose healthy options when there are so many convenience foods available.

Ask the students if they exercise at least 15 minutes per day? 30 minutes per day? 60 minutes per day? Our body is designed to move. It needs to be in motion. Exercise is good for both the body and mind and helps to maintain balance in a healthy lifestyle.

Rest and sleep are also important when developing a healthy lifestyle. Studies show that our bodies need at least 9 hours of sleep to perform optimally. Typically teens take pride in being a “night owl”, staying up late for a variety of reasons including the need to complete responsibilities such as homework. As a teen, your body continues to grow, it needs sleep to repair and grow each day. It is important to create daily routines which include at least 9 hours of sleep each day. Staying up all night to prepare for an exam will not help if you are too tired to focus during the exam. Use a planner during the day to manage your time. As you write down all your time commitments, you may start to realize you need to create balance by paring down some activities.

Ask the students if they are planners or procrastinators. Ask if they use a calendar or planner to track their responsibilities. Ask the students how well they manage their time. For many teens, they need help organizing their time, assignments and responsibilities. As you manage your time with a planner, or to-do list it will help you feel more balanced as you actively choose how to use your time. Start with the most important items each day. As you balance your time with your responsibilities you will be working towards creating a healthy lifestyle. Optional:



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model how to use a digital calendar on their phone to organize their time, and create reminders for the to do list.

Activity: Distribute the Worksheet to the students. In this activity, students should work independently and brainstorm their ideas. If after a few minutes the students seem to be struggling, encourage them to work with a partner or group of three to create their lists for how they will create a healthy lifestyle balancing their physical and mental needs.

Reflect: As you look at your scale, how well balanced is your life? How well do you balance your body's physical needs including healthy foods, exercise and sleep? How well do you manage your time, responsibilities, and stress? Do you have healthy lifestyles?

Extend and Enrich: Encourage students to select 1 or 2 ways to improve balance in their lives.

- Try a new healthy recipe or to bring healthy snacks to eat throughout the day rather than convenience foods.
- power down their phone at night, or put in airplane mode to help their mind and body rest at least 8 hours per night.
- Go for a walk, bike ride, skateboard to exercise 15-60 minutes a day
- Create a to-do list each day to help manage your time and responsibilities
- Use a planner to manage time

For Further Study

7 Effective Habits of Teens by Sean Covey

Professional Development

Incorporate routines into your classroom to help model a healthy lifestyle. Provide a break during the class period by providing time to move. Model how to use the planner to track assignments. Encourage time at the start of the class period for students to check their email and/or calendars as part of the getting started portion of the class period.