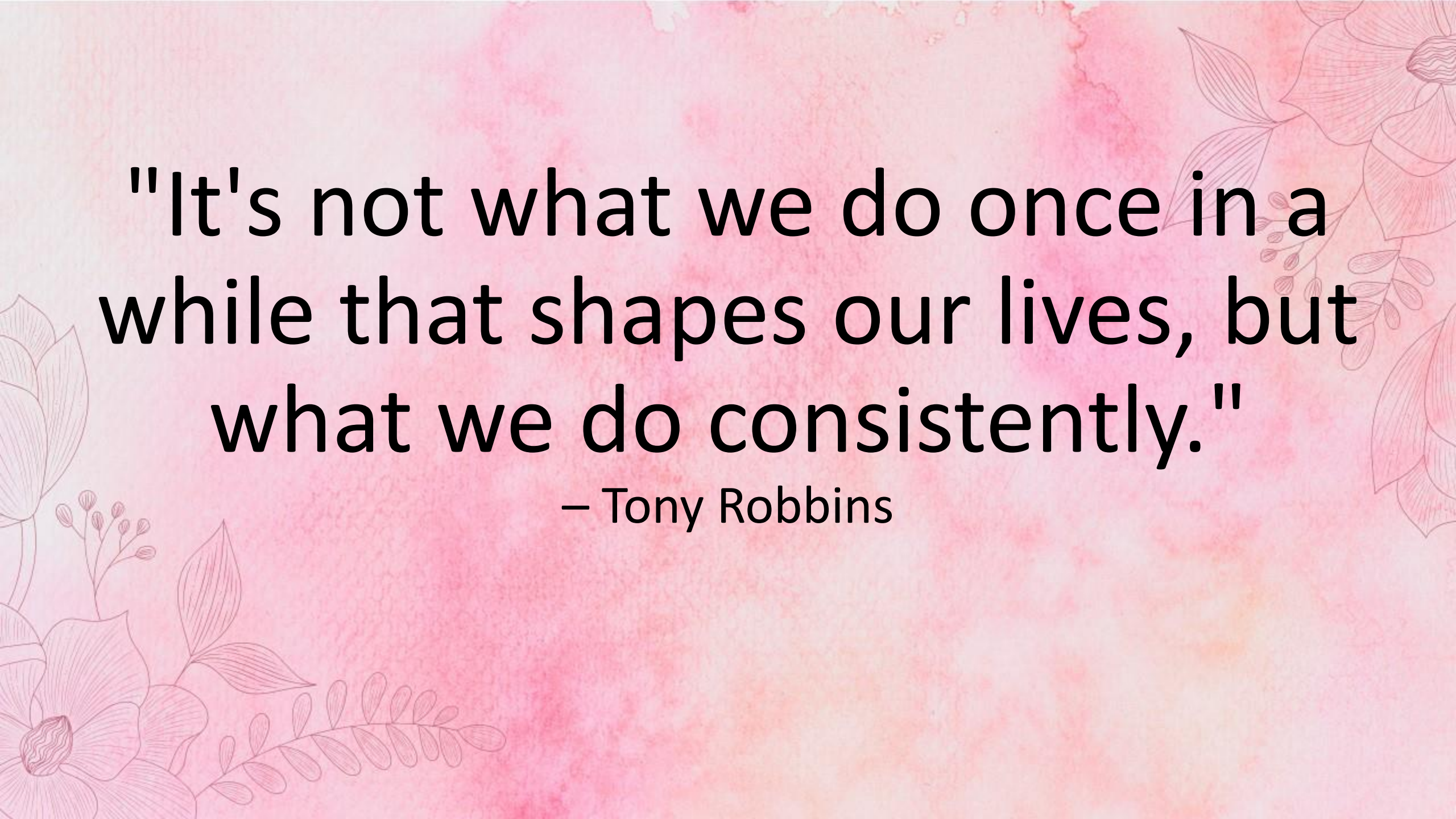


# **Healthy Habits for a healthy life**

Sarah Combs, M.Ed. & Joel Rodriguez  
Palo Verde High School- Physical Education Teachers

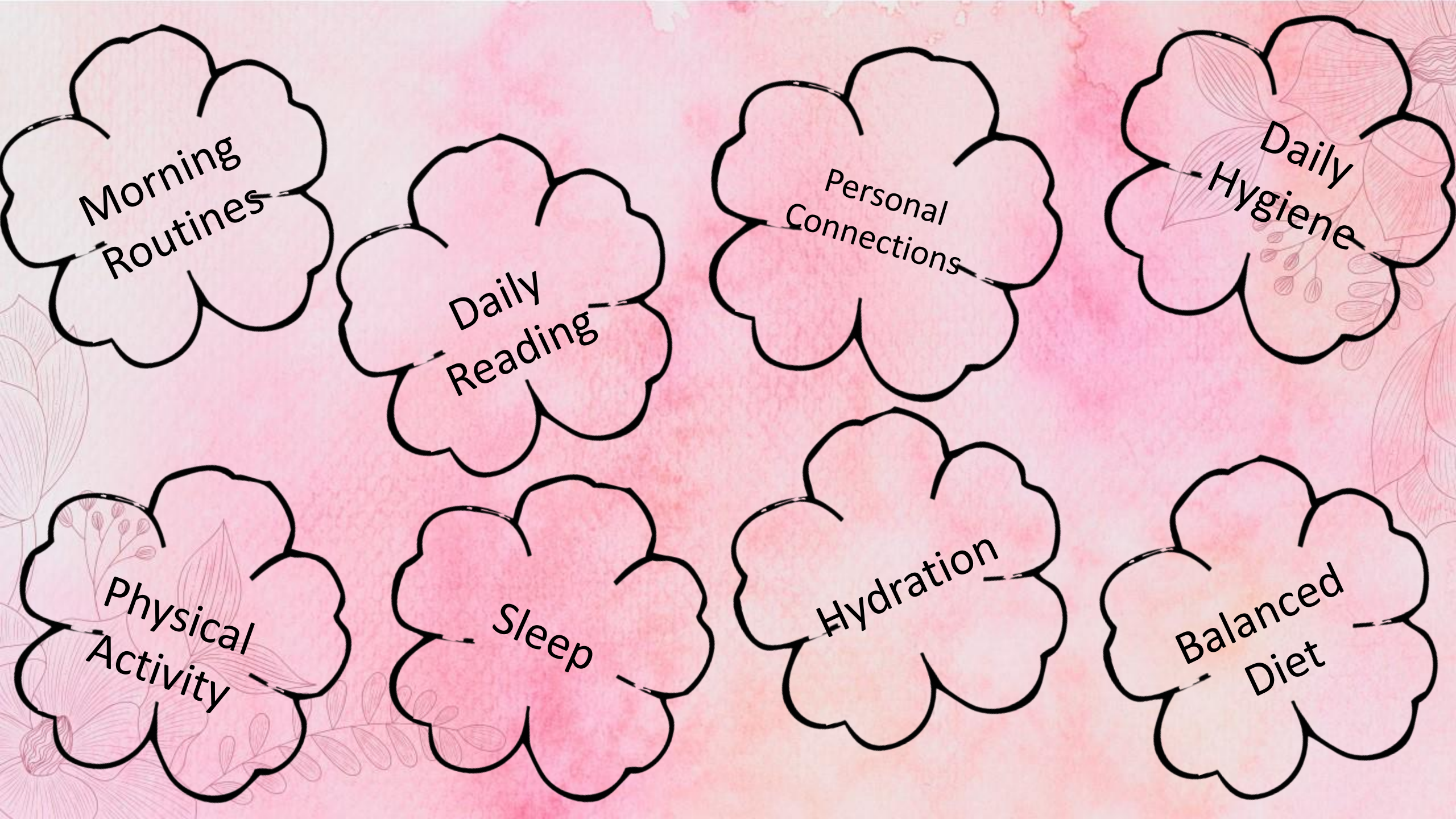


The background is a soft pink watercolor wash. In the corners, there are delicate line-art illustrations of flowers and leaves in a matching pink hue. The quote is centered in a large, bold, black sans-serif font.

"It's not what we do once in a while that shapes our lives, but what we do consistently."

— Tony Robbins

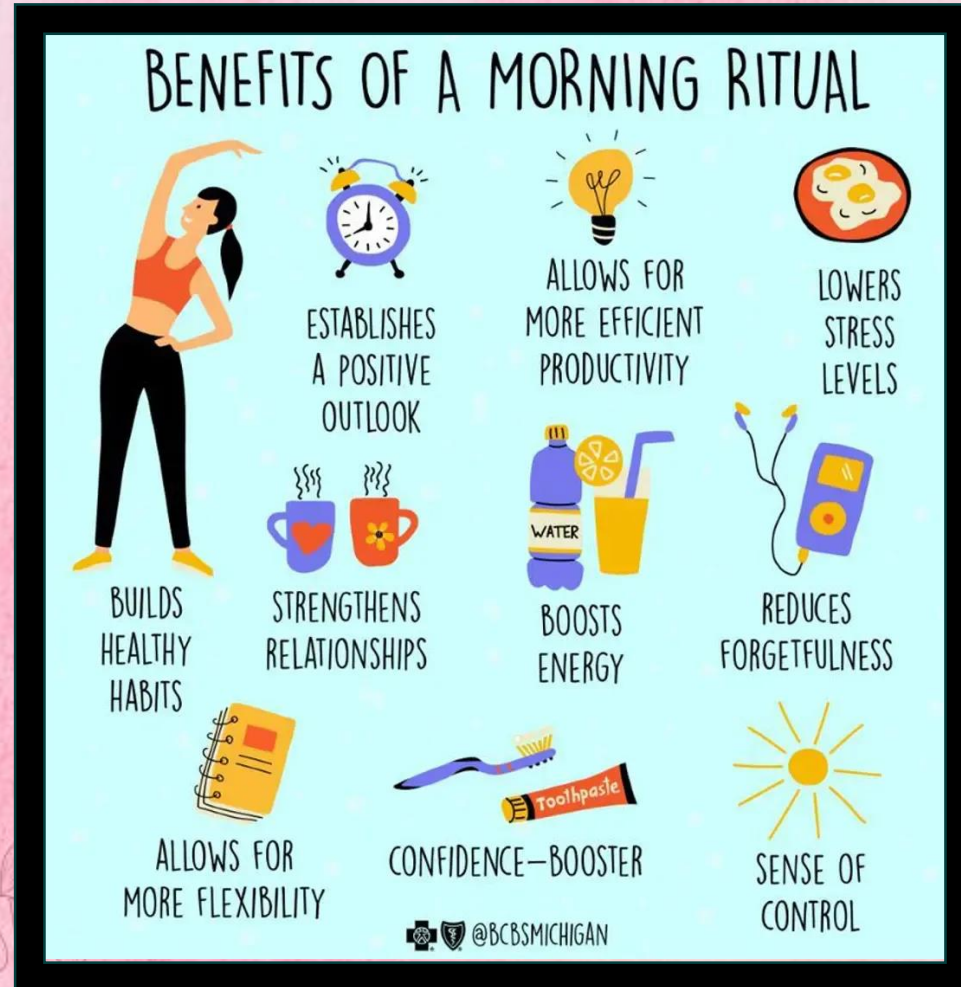






# Morning Routines

- ❖ Wake up early
- ❖ Get your blood flowing
- ❖ Stretching/yoga
- ❖ Morning workout
- ❖ Short walk



- ❖ Drink water first
- ❖ Eat a balanced breakfast
- ❖ Make your bed
- ❖ Tidy up your space
- ❖ Have a plan for your day



# Daily Hygiene

- ❖ Brush your teeth 2x a day
- ❖ Floss
- ❖ Shower Daily
  - ❖ Morning showers help boost your immunity & energy
  - ❖ Evening showers help you relax and get better sleep



- ❖ Wash your face daily
  - ❖ Helps prevent acne
- ❖ Wash hands regularly throughout the day
- ❖ Wear deodorant
- ❖ Wear clean clothes
- ❖ Change undergarments daily
- ❖ Put on lotion for skin health



# Eat a Balanced Diet

## 10 Benefits of Eating Healthy

1. Improves memory and concentration
2. Improves your immune system
3. Increased energy
4. Beautiful skin
5. Increased productivity
6. More nutrients for the body
7. Handle stress better
8. Better rest and sleep
9. Digestive and cellular health
10. Weight loss



[lisawilliamsfitnesscoach.org](http://lisawilliamsfitnesscoach.org)

Have plenty of  
vegetables and fruits

Eat protein foods

Make water  
your drink  
of choice

Choose  
whole grain  
foods





# Eat a Balanced Diet

## ❖ Nutrient dense food

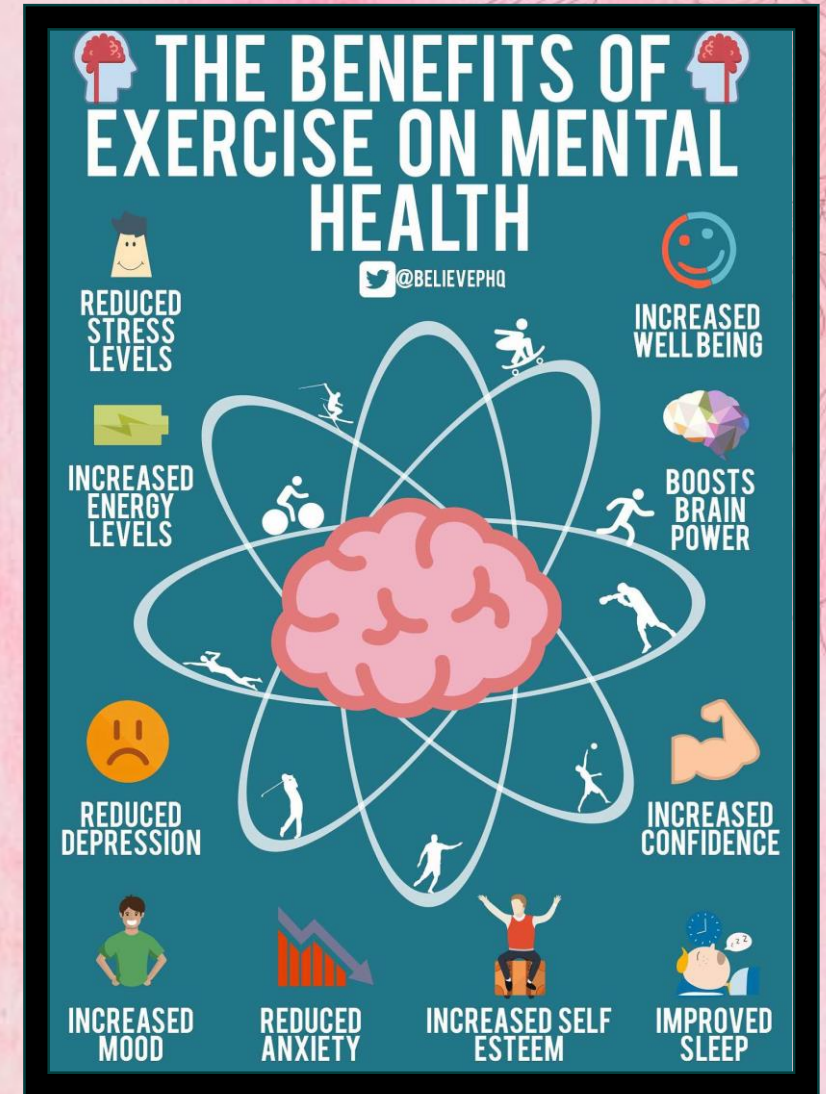
- ❖ Protein – lean meats, poultry, eggs, tofu
- ❖ Fruits – whole fruits not juice
- ❖ Vegetables – fresh, canned, or frozen
- ❖ Whole grains –oats, brown rice, quinoa
- ❖ Dairy – low fat

## ❖ Limit:

- ❖ Added sugar
- ❖ Processed food
- ❖ Salt/sodium
- ❖ Choose Whole Foods over packaged foods



# Physical Activity





# Physical Activity

## ❖ Cardiovascular

❖ Running/jogging

❖ Biking

❖ Swimming

❖ Brisk walk

## ❖ Muscle Strengthening

❖ Body weight exercises

❖ Pushups

❖ Situps

❖ squats

## ❖ Bone-Strengthening & Coordination

❖ Weight bearing activities

❖ Jump rope, skipping, dancing,  
running

## ❖ Babies & Toddlers

❖ Tummy time, crawling, active  
play

At least 60 minutes a day of  
moderate to vigorous activity



# Hydration

- ❖ Bodies are made up of 60% water, but we don't store it
- ❖ Drinking water first thing in the morning and before every meal
- ❖ Drink 6-8 cups of water a day or half your body weight in ounces
- ❖ Drink more when you are sweating more due to heat or exercise and when you are sick
- ❖ Don't forget electrolytes





# Sleep





# Sleep

## ❖ Be Consistent

❖ Go to sleep at the same time each night

❖ Create a routine

## ❖ Wind down

❖ Warm bath/shower

❖ No screens

❖ Calming music

*Amelia Phillips*

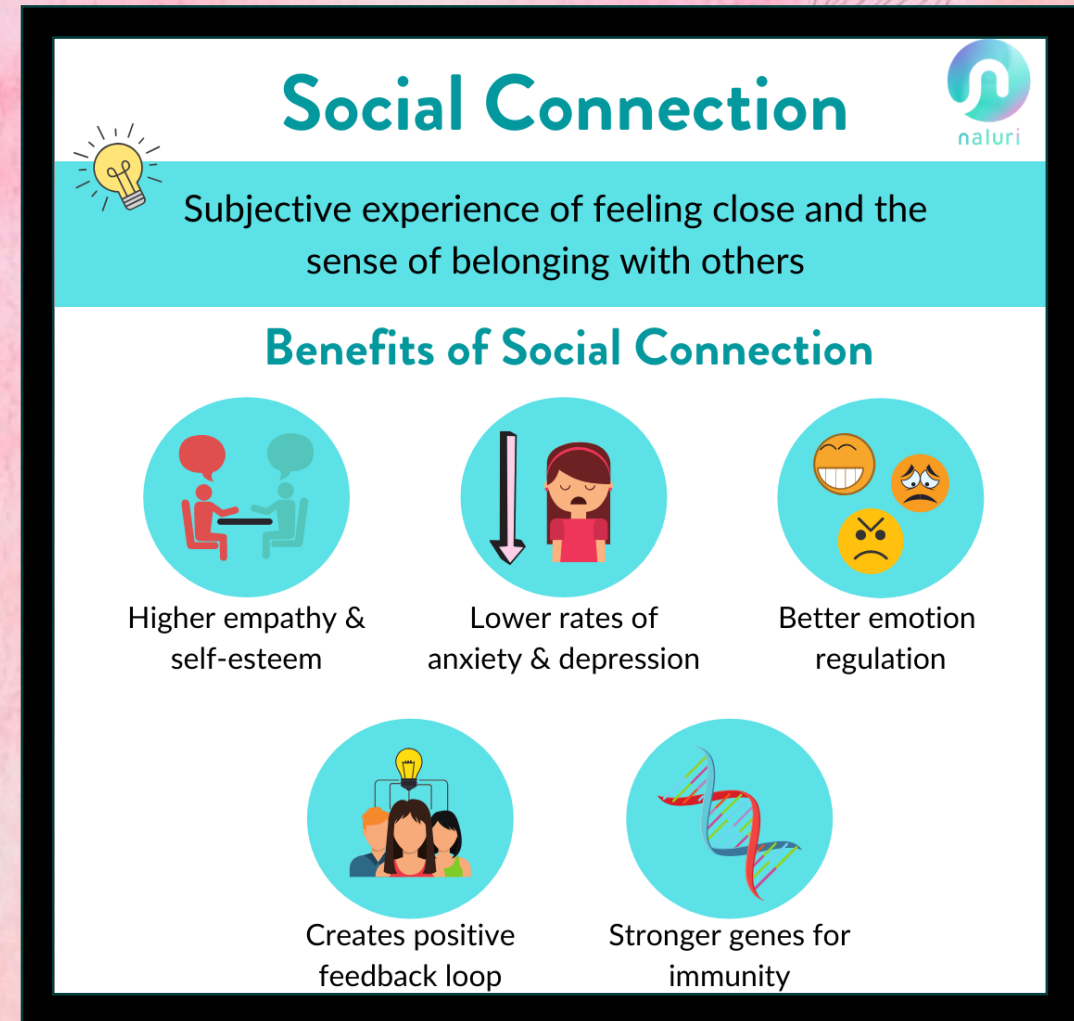
### TIPS FOR BETTER SLEEP

 <p>GET SOME MORNING SUNLIGHT</p>	 <p>KEEP YOUR PHONE OUT OF REACH</p>	 <p>AVOID YOUR BED DURING THE DAY</p>
 <p>AVOID CAFFEINE AFTER 4.00PM</p>	 <p>SKIP THE AFTERNOON NAP</p>	 <p>NO PHONES 2HRS BEFORE BED</p>
 <p>AVOID MEALS AFTER 7.00PM</p>	 <p>AVOID ALCOHOL 4 HOURS BEFORE BED</p>	 <p>TAKE A HOT SHOWER BEFORE BED</p>



# Personal Connections

- ❖ Talk to your children each night about their day
- ❖ Encourage them to speak for themselves in public
  - ❖ Order their own food, etc
- ❖ Make new friends
- ❖ Face to face connections, not social media





# Daily Reading

## TEN AMAZING BENEFITS OF READING BOOKS



- 📖 Strengthens your writing skills
- 📖 Improves your memory and focus
- 📖 Enhances your imagination
- 📖 Increases your vocabulary
- 📖 Expands your knowledge
- 📖 Stimulates your brain
- 📖 Boosts your mood
- 📖 Deepens empathy
- 📖 Helps you relax
- 📖 Lowers stress



MIND JOURNAL

## Psychology Fact

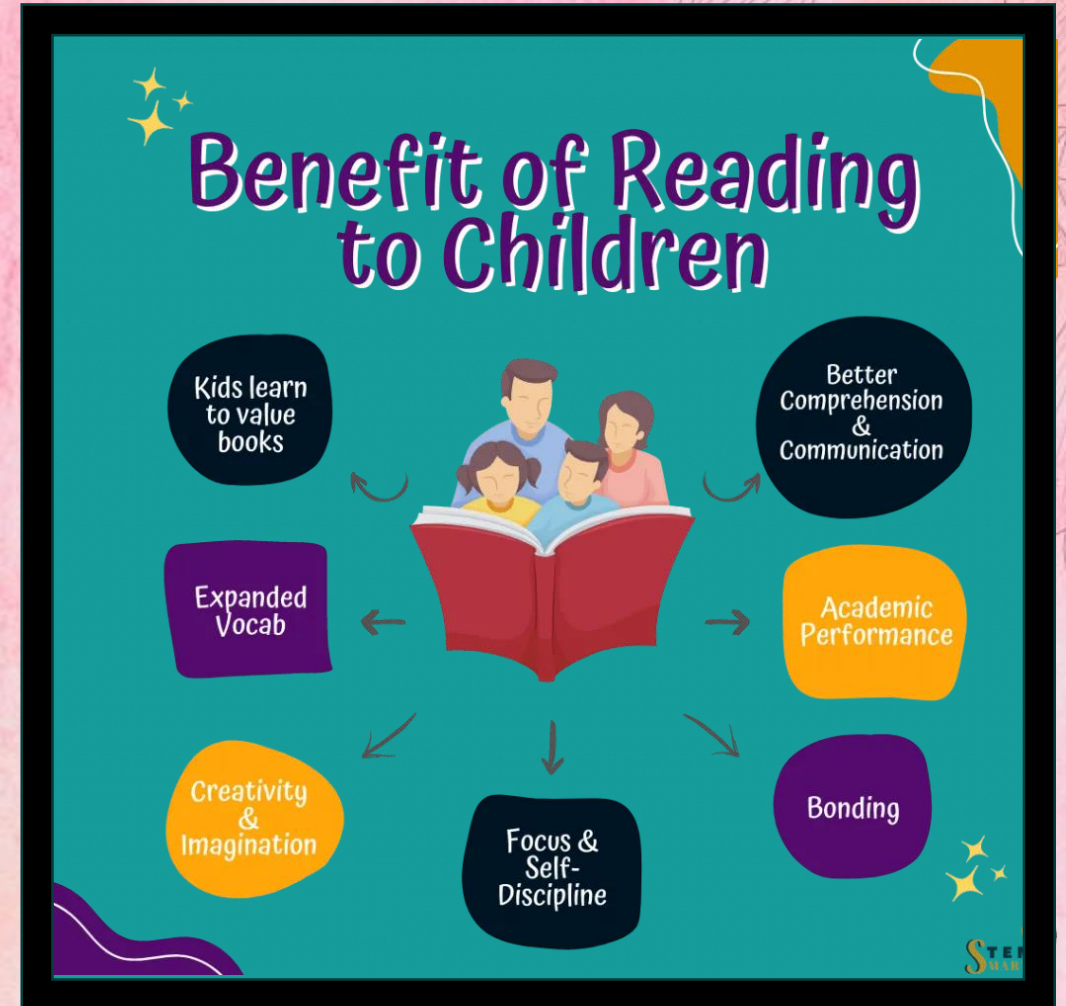
**Reading can reduce stress levels by as much as 68 percent, even more than listening to music or going for a walk.**





# Daily Reading

- ❖ Read 20 minutes a day
- ❖ Schedule it into your daily routine
- ❖ Stop reading a book if you don't like it
- ❖ Pick out books together
- ❖ Create a cozy reading spot





The background is a soft pink watercolor wash. Overlaid on this are delicate line drawings of various flowers and leaves in a slightly darker pink hue. A thick black rectangular border frames the central text area.

Everything in life is  
relational.