

Feb 13, 2019

Sleep cont

Physical Activity

Eating for Wellness

Warm-Up

In school-aged children between the ages of 5 and 17, 13% of boys and % of girls are getting an average of at least 60 minutes of moderate-to-vigorous physical activity daily as recommended in the Canadian Physical Activity Guidelines for children and youth.

What can you do to ensure you are getting enough sleep?

Ways to improve your quality of sleep

- 1) Set and stick to a regular schedule, go to sleep and wake up at the same time even on weekends.
- 2) Exercise regularly (people who exercise went to sleep quicker, slept longer and had a more restful sleep compared to those who did not exercise)
- 3) Sleep at night do not take naps
- 4) Develop a relaxing bedtime routine i.e. reading a book before bed, taking a bath, listening to quiet music
- 5) Avoid caffeine at night

Physical Activity Guidelines



1. Try to do an hour **(60min) everyday** of **moderate to vigorous-intensity** activity. Choose vigorous activities at least **three days a week**.

Moderate-Intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing compared to vigorous aerobic activity where your heart rate increases even more and you are not able to say more than a few words without catching a breath.

What are some examples of these type of activities?

2. Get stronger by doing activities that build muscles and bones at least three days a week.

What are some examples of these type of activities?

3. Combining aerobic and strengthening activities will improve your health and well-being.



Activity Pyramid

Increase: endurance, flexibility and strength activities

Decrease: sitting for long periods

Benefits of Regular Activity	Health Risks of
Inactivity	
<p><u>better health</u></p> <p>improved fitness</p> <p>better <u>posture</u> and balance</p> <p><u>better self-esteem</u></p> <p>weight control</p> <p><u>stronger muscles and bones</u></p> <p>feeling more <u>energetic</u></p> <p>relaxation and reduced <u>stress</u></p>	<p>premature death</p> <p>heart <u>disease</u></p> <p>obesity</p> <p>high <u>blood</u> pressure</p> <p>adult onset- <u>diabetes</u></p> <p>stroke</p> <p><u>depression</u></p> <p>colon cancer</p> <p><u>osteoporosis</u></p>

Six problems with our eating habits

1. Too few fruits and vegetables
2. Too little fiber
3. Too much saturated fat
4. Too many added sugars
5. Too much sodium
6. Too much food overall (i.e. calories)

How many of these problems relate to you?