

PERSONAL HEALTH

It is expected that students will:

- demonstrate the knowledge, attitudes, and positive habits needed to be healthy individuals, responsible for their own physical and emotional well-being, by engaging, from Grade 10 to Grade 12, in at least 80 hours of moderate to vigorous physical activity in addition to PE10
- developing a long-term personal healthy living plan appropriate to their lifestyle that describes
 - sound nutritional habits
 - regular exercise routines
 - emotional health management (e.g., ways to manage stress)
 - positive health choices

Completion of the following assignment will ensure fulfillment of the personal health requirements of the new grad transitions program.

Part I. Analyse Your Diet

- Go to <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/quantit-eng.php>
- For your age and sex how many servings of each of the following food groups should you be consuming each day?

_____ Vegetables and Fruits

_____ Grain Products

_____ Milk and Alternatives

_____ Meat and Alternatives

- On the attached Food and Drink Log, record all food and drinks consumed over 3 days. The amount of each item should also be included.
(Go to www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html to find out what constitutes one serving.)
- Once you have completed your 3 Day Food and Drink Log, complete the following questions:
 1. What food group did you consume the most of over the 3 days?
 2. Did you consume the minimum suggested amounts for each of the food groups?
 3. If no, name the food groups where you should consume more.
 4. List 3 ways you can improve your eating habits

Part II. Physical Activity

- You must be active to stay healthy
- On the following chart, list your top 10 choices for physical activity including one positive and one negative aspect of each choice. Think: costs, facilities, weather, participants, location etc.

ACTIVITY	POSITIVE	NEGATIVE
Golf	Stress release Hand-eye coordination	Cost Seasonal

- How do you think you will keep fit in the future? Write a paragraph explaining your plans.

- Learning to manage your stress is very important. Everyone will handle their stress differently, but it is important to know how stressed you are and ways you can manage it. Remember, some stress is normal and not all stress is negative.
- Go to http://www.lessonsforliving.com/stress_test.htm and complete the stress quiz. Calculate your score and record the results below.

My score was _____/20, this means:

1. What are 3 things that may cause your stress to rise?

-
-
-

2. What are some signs/symptoms people exhibit when they are under stress?

3. Who can you talk to or where can you turn if you need help dealing with stress?

- The following are suggested ways to help manage your stress
 1. **Re-set your body clock:** Set yourself a reasonable wake-up time and bedtime. Stick to it. Allow up to 3 weeks to re-set your body clock.
 2. **Give yourself a break today:** Repair and regenerate. Every morning prioritize a list of everything that needs to be done. Then cut the bottom half off the list.
 3. **Lighten up your load of social engagements:** Just say “no.”
 4. **Postpone a change in your living environment:** Change equals stress, even good change adds stress.
 5. **No more than 40 hours per week at work or school.**
 6. **Keep blood sugar levels steady:** Avoid the highs and lows caused by sugar, candy, caffeine and alcohol. Choose cereal, pasta, bread and rice; they will provide a slow, even release of sugar. Eat lots of vegetables.
 7. **Allergies:** Avoid foods and any items that may trigger your allergies.
 8. **Exercise:** This will give the nerve cells in the brain a chance to rest and to stop worrying. Rest your mind.

9. **Resist the use of drugs and tranquilizers:** They may block out the overstressed feelings for the short term but can do long term damage.
10. **Take several 30-second breaks to look out the window or stretch.**
11. **Meditate or practice a relaxation technique like yoga or tai-chi.**
12. **Hug your family and friends.**

- List 3 of the above strategies that you have used or can see yourself using when you are under stress

1.

2.

3.

- The following pages are for logging your 150 minutes of vigorous physical activity per week. This may also be logged online as well at:

<http://www.learnnowbc.ca/services/DPALog/>

Simply create your user account and log your activities according to the instructions on the website.

