



# Physical Health



## Physical Activity

*Physical activity is one of the most important things to do for your health. Being active helps to:*

- Control your weight
- Reduce risk of some cancers
- Reduce risk for Type 2 diabetes
- Reduce risk of cardiovascular disease
- Strengthen bones and muscles

Source: <http://www.cdc.gov>

## Nutrition

Some tips to eat healthier are:

- Choose whole grains more often
- Drink plenty of water
- Cut out on foods high in solid fats and added sugar
- Eat at home more often
- Make half your plate fruit and vegetables
- Source: <https://www.choosemyplate.gov>

## Sleep

Getting enough quality sleep every night is necessary to stay healthy! All of the following are affected by sleep:

1. Learning and memory: Sleep helps commit new information to memory.
2. Metabolism and weight: Chronic sleep deprivation can affect the way our bodies process and store carbohydrates, leading to weight gain.
3. Safety: Lack of sleep can contribute to accidental falling asleep during the daytime, which can lead to traffic accidents or other errors.
4. Mood: Sleep loss may lead to irritability, impatience, and inability to concentrate.
5. Cardiovascular Health: Sleep disorders have been linked to hypertension and irregular heartbeat.
6. Disease: Sleep deprivation alters immune function.

Source: <https://www.health.harvard.edu>

## Physical Health For The Whole Family:

*As parents, it may seem daunting to try to keep yourself healthy, when there are so many other things on your mind! Luckily, there are plenty of ways that your family can work on becoming more physically healthy together. Here are a few ideas for your family to try:*

- Going for a walk together.
- planning healthy meals ahead of time (kids who help plan the meal are more likely to eat it).
- Eat those pre-planned healthy meals together at the table.
- Choose and maintain consistent bedtimes throughout the household.
- Go do something active in the community, such as bowling, swimming, or ice skating.

Here are some ideas for conversation starters while you are going for a family walk or eating dinner together!

What is your favorite family tradition?

If you had one wish, what would you wish for, and why?

What is your favorite sport?

What is your favorite chore?

Would you rather drink juice or chocolate milk?

What makes you laugh?

What is your favorite movie?

What is your favorite book?

What is your favorite candy?

What is your favorite song?