

STAY ACTIVE. BE HEALTHY.

Opportunities to be active are everywhere! Love it or hate it, physical activity must become part of your daily life to maintain a healthy heart, weight, immune system and brain function. If you love it, great! Keep at it!

People often have a lot of different thoughts about physical activity, here are a few you may have heard:

"I would need to join a gym to get active."

- Totally untrue! You don't need equipment to go for a walk or do crunches. You could also vacuum the floor, clean your room, walk the dog, take the stairs – these activities all count as physical activity! There are all kinds of ways to get moving. Make a list of your daily routine and add some momentum to your regular movements.

"Being active is boring."

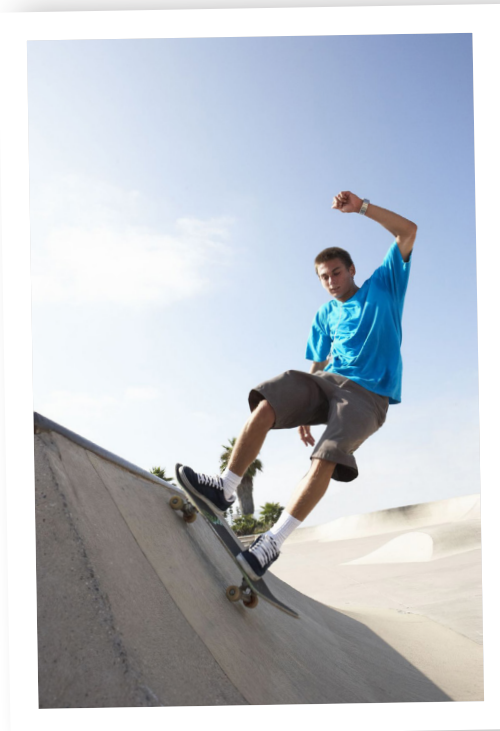
- Physical activity doesn't have to be a dreaded obligation. Take a brisk walk with a friend, ride a bike, go for a swim, or even just blast your favorite song and get your groove on while you fold your clothes. Try something new to get inspired: yoga, skating, dance classes, workout videos or anything else you're curious about. Go for it!

"I'm too busy; I don't have time to be active."

- Okay, it's true that health experts recommend being active for at least 30 minutes a day – but that doesn't mean you have to do it all at one time. Find movement for 10 minutes at a time, if that's all you have, as long as it all adds up. Remember that even 10 minutes is better than zero, so get started today.

"I don't need physical activity because my body looks fine the way it is."

- Being active benefits your mind too. Regular physical activity greatly relieves stress, boosts your mood, increases energy and has the power to ease symptoms of depression. Being active also builds strong bones and muscles to prevent physical health problems from arising in your future!



POWER YOUR HEALTH BY SLEEPING?

Believe it or not, sleep is not a luxury. Sleep is just as important to life as eating and breathing. The benefits of sleep cannot be had any other way, but the key to getting the full benefits is to get enough sleep. We need at least **8 hours every night** to keep from burning out.

Getting good sleep is like pressing your very own "recharge" button. It allows your mind and body to rest so you can function at your best each day, and it re-powers your energy so you can live life to its fullest. It also evens out your breathing patterns, enabling total relaxation – which you deserve!

It is impossible to POWER YOUR HEALTH (or anything else) without enough sleep! Consider the benefits of getting enough – and the drawbacks of getting too little.

Benefits of 8-10 Hours per Night, Every Night!

- Your body repairs and refreshes itself
- Your mind is clearer
- You're in a better mood
- You have more energy
- It reduces stress and depression
- Dreaming helps your mind work through problems
- There's a reason they call it "beauty rest!" You LOOK and FEEL better.

Drawbacks of Not Getting Enough Sleep on a Regular Basis:

- Slow, groggy, foggy, not at your best
- Moody and negative
- Poor performance at work or school
- You enjoy life less and people enjoy YOU less!
- Slows down motor skills, which is dangerous when doing things like driving
- Bottom line is, you're not at your best and you and everyone else knows it!

Having Trouble Sleeping? Try This:

- Read a book or take a bath.
- Avoid stimulating your brain with television or the computer before bed.
- Clean your room – a clear space leads to a clearer and more relaxed mind.
- GET MOVING – physical activity relieves stress and helps your body fall asleep at the end of the day.



DID YOU KNOW

When you get enough sleep, your brain cells have time to refresh so you can perform better.

MISSION: GOOD NUTRITION

Make it your goal to replace junk food and foods high in solid fats, added sugars and salt with healthy, balanced meals that contain lots of fruits, vegetables and whole grains.

When you eat healthy, you are rewarded!

- You will feel full and satisfied
- You will nourish your mind and body
- The nutrients will lower your risk for obesity, diabetes, and cancer
- You will be provided with vitamins, minerals and dietary fiber that you need
- You will enjoy increased mental clarity and physical health

9 Tips for Better Nutrition:

1. Trade in your sugary beverages and drink water (8 glasses a day) instead.
2. Stop snacking during TV time. Mindless eating while watching TV is not good for you.
3. Do away with larger-than-life portions by asking your waiter to wrap up half your meal before he serves your food. This way you'll cut out half the calories!
4. Say bye-bye to white bread and look for labels that say "whole grain". Make half your grains whole grains instead!
5. Switch to fat-free or low-fat (1%) milk – you get the same amount of calcium but way less fat.
6. You can get plenty of protein from low-fat dairy, beans, eggs, nuts, and fish, so make red meat a treat.
7. Fresh is best – pick fruit instead. Your body will thank you.
8. GREEN is a beautiful thing! Make half your plate fruits and vegetables.
9. Slow down! It takes about 20 minutes for you to feel full after eating. Listen to your body.

References

PowerMeA2Z. AZ Department of Health Services.

www.powermea2z.org/do/physical-activity/

PowerMeA2Z. AZ Department of Health Services. www.powermeA2Z.org/do/sleep/

PowerMeA2Z. AZ Department of Health Services. www.powermeA2Z.org/do/nutrition/

DID YOU KNOW

You can visit www.eatwellbewell.org to get information on how you can eat healthier and feel better too!

NOTES

CHAPTER 8 TOBACCO