



My Healthy Living Plan

As you transition from high school into adult life it is important to recognize that good health is a vital component to a happy, successful and balanced life. Making thoughtful and well-informed decisions today will instill good habits that will benefit you for a lifetime. Your plan must include the following items:

- A cover page that includes:
 - ✓ *Title “My Healthy Living Plan”*
 - ✓ *Your name, student number*
 - ✓ *The date it was completed*
- The Healthy Living Plan itself

The completed report should be put inside a folder or duotang – **DO NOT USE A 3-RING BINDER – they are too hard to store.** Organize your report into the sections below so that during your Exit Interview in Grade 12 your interviewer can easily find your information.

- Healthy Eating
- Fitness & Exercise
- Stress Management
- Health Summary

Use 4 tabs with these titles



**BY FOLLOWING THE SECTIONS ON THE NEXT PAGES YOU
WILL SUCCESSFULLY COMPLETE
YOUR HEALTHY LIVING PLAN**

Step 1 – Healthy Eating (analyzing your diet)

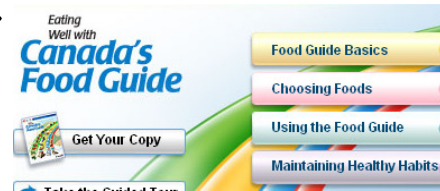
- Google “Canada Food Guide”

- Select “Eating Well with Canada’s Food Guide”



[Eating Well with Canada's Food Guide - Main Page](#)
Main page for Health Canada's Food Guide with links to inform about the Food Guide, how to use it, and how to get a copy.
www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html - 17k -

- Then select “Maintaining Healthy Habits”



- Scroll down about half a page and select “Eating the recommended amount”



Eating the recommended [amount](#) and [types](#) of food each day. [Limiting foods](#) and beverages high in calories, fat, sugar or salt (sodium).

- [Being active](#) every day.

- Using the table that appears answer the following question:

- For your age and sex, how many servings of each of the following food groups should you be consuming each day?

- Fruit and Vegetables
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

- Use the internet to research the concept of “Serving Size”. Answer the following questions:

- What a serving size is?
- Give two examples of serving size using typical foods



Create a chart like the one below to record **all** the food and drinks you consumed over a **three-day period**. Minimal food plans will cause your assignment to be rejected.

Food / Drink	What type of food group is this?	Amount you consumed	Number of official serving sizes
Cereal	Grains	60g	2
1% Milk	Milk & Alternatives	375ml (1.5 cups)	1.5

- What food group did you consume the most of over the three days?
- Did you consume the minimum suggested amounts for each of the food groups as outlined by the Canada Food Guide?
- If your answer is no, name the food groups where you should consume more.
- Go to http://www.freedieting.com/tools/calorie_calculator.htm, input your personal data, select “maintenance” and calculate and record your daily calorie needs.

DAILY CALORIC INTAKE CALCULATOR

Age: Years

Gender: Male Female

Weight: Pounds Kilos

Height: Feet Inches

Exercise level:

- Go to <http://www.mcdonalds.ca> and launch the Nutrition Calculator. Choose a Big Mac sandwich, large fries and a large Triple Thick milkshake.
 - How many calories were in this meal?
 - Subtract the total calories in this meal from your Daily Calorie Needs
 - How many calories can you still eat today and not exceed your daily allowance? What does this tell you about eating fast food? Comment.
- From what you have learned, explain three ways that you could improve your diet?

Step 2 – Fitness & Exercise

The benefits of an active lifestyle are well proven. You can significantly improve your overall health and well-being by ensuring that you incorporate exercise into your life. Regardless of age, sex, race or physical ability, the health benefits of exercise can be achieved by everyone. Below are seven ways exercise can have a positive impact on your life:

- Strengthen your cardiovascular and respiratory systems
- Keep your bones and muscles strong
- Help you manage your weight
- Help prevent and / or manage diabetes
- Ease depression, and manage pain and stress
- Reduce the risks of certain types of cancer
- Enable you to sleep better



(Source: The Mayo Clinic)

In a chart similar to the one below, list your top 5 choices for physical activity. For each activity give one positive and one negative aspect of each choice. For example, think of the cost of participating, availability of facilities, how weather dependent the activity is, and whether or not you need to have other friends to play with.

Activity	Positive Aspect	Negative Aspect
Snow Boarding	Lots of exercise, social, beautiful environment	Seasonal, expensive, injury risk, transportation to the mountain

- List five different activities that you may be interested in trying. Conduct research to find out where you could participate (i.e team or community center etc) in the activity, and the dates, times and costs of the activities / classes. **Do not use school clubs.**

Facility	Address / Contact Number	Activity you would like to participate in	Date / times / cost of program or class
8 Rinks	6501 Sprott Street, Burnaby, BC 604 291 0626	Power Skating	Mon & Wed, 4:30-6pm, \$5 / class

- Write a paragraph explaining how you will keep fit in the future.

Step 3 – Stress Management

Stress can take many different forms and is a factor in everyone’s life. Many people carry enormous stress loads and they do not even realize it. Some stress can be ‘good’ and some can be ‘bad’. For example, you may be feeling stress before going on stage in the school play or just before a mountain bike race – this kind of stress is often good because it may stimulate you to perform at your best. On the other hand, if you signed up for too many AP courses in grade 12 and you are fighting with your parents at home, you may be suffering from bad stress.

The important issue is that you recognize the types of stress in your life and take measures to reduce or manage the ‘bad’ stress. Complete the stress quiz below to determine your stress level. Include anything that has happened to you during the past 12 months.

STRESS	EVENT VALUE
DEATH OF SPOUSE, PARENT, BOYFRIEND/GIRLFRIEND	100
DIVORCE (of yourself or your parents)	65
PUBERTY	65
PREGNANCY (or causing pregnancy)	65
MARITAL SEPARATION OR BREAKUP WITH BOYFRIEND/GIRLFRIEND	60
JAIL TERM OR PROBATION	60
DEATH OF OTHER FAMILY MEMBER (other than spouse, parent or boyfriend/girlfriend)	60
BROKEN ENGAGEMENT	55
ENGAGEMENT	50
SERIOUS PERSONAL INJURY OR ILLNESS	45
MARRIAGE	45
ENTERING COLLEGE OR BEGINNING NEXT LEVEL OF SCHOOL (starting junior high or high school)	45
CHANGE IN INDEPENDENCE OR RESPONSIBILITY	45
ANY DRUG AND/OR ALCOHOL USE	45
FIRED AT WORK OR EXPELLED FROM SCHOOL	45
CHANGE IN ALCOHOL OR DRUG USE	45
RECONCILIATION WITH MATE, FAMILY OR BOYFRIEND/GIRLFRIEND (getting back together)	40
TROUBLE AT SCHOOL	40
SERIOUS HEALTH PROBLEM OF A FAMILY MEMBER	40
WORKING WHILE ATTENDING SCHOOL	35
WORKING MORE THAN 40 HOURS PER WEEK	35

continues on the next page

CHANGING COURSE OF STUDY	35
CHANGE IN FREQUENCY OF DATING	35
SEXUAL ADJUSTMENT PROBLEMS (confusion of sexual identity)	35
GAIN OF NEW FAMILY MEMBER (new baby born or parent remarries or adopts)	35
CHANGE IN WORK RESPONSIBILITIES	35
CHANGE IN FINANCIAL STATE	30
DEATH OF A CLOSE FRIEND (not a family member)	30
CHANGE TO A DIFFERENT KIND OF WORK	30
CHANGE IN NUMBER OF ARGUMENTS WITH MATE, FAMILY OR FRIENDS	30
SLEEP LESS THAN 8 HOURS PER NIGHT	25
TROUBLE WITH IN-LAWS OR BOYFRIEND'S OR GIRLFRIEND'S FAMILY	25
OUTSTANDING PERSONAL ACHIEVEMENT (awards, grades, etc.)	25
MATE OR PARENTS START OR STOP WORKING	20
BEGIN OR END SCHOOL	20
CHANGE IN LIVING CONDITIONS (visitors in the home, remodeling house, change in roommates)	20
CHANGE IN PERSONAL HABITS (start or stop a habit like smoking or dieting)	20
CHRONIC ALLERGIES	20
TROUBLE WITH THE BOSS	20
CHANGE IN WORK HOURS	15
CHANGE IN RESIDENCE	15
CHANGE TO A NEW SCHOOL (other than graduation)	10
PRESENTLY IN PRE-MENSTRUAL PERIOD	15
CHANGE IN RELIGIOUS ACTIVITY	15
GOING IN DEBT (you or your family)	10
CHANGE IN FREQUENCY OF FAMILY GATHERINGS	10
VACATION	10
PRESENTLY IN WINTER HOLIDAY SEASON	10
MINOR VIOLATION OF THE LAW	5

TOTAL SCORE _____

If your score exceeds 250 you are overstressed. However, you should be aware that a person with a low tolerance for stress might be overstressed with a score as low as 150.

List and explain the three most stressful factors in YOUR life that you identified from the quiz above.

Look at the list of “Stress Management Strategies” on the next page and identify the four that you think would be the most useful in reducing the stress in your life. Explain why these will work for you.

Stress Management Strategies

1. Make your life regular... as "clock work"

Give yourself a definite wake up and sleep time. This sets a frame of reference for your Body Clock. It will take two or three weeks to synchronize your Body Clock to your schedule.

2. Give yourself a break

You must give your body adequate time to repair itself. Every morning make a list of things that you want to get done...THEN, CUT OFF THE BOTTOM HALF OF THIS LIST!

3. Lighten up your load of social events

Learn how to say no and feel OK about it.

4. Postpone making changes

Remember, CHANGE IS STRESS. So relax, postpone any big moves or changes for awhile.

5. Reduce the hours you spend at school or work

Working or attending school more than 40 hours per week adds 40 stress points to your life.

6. Avoid "stress" foods

Avoid the energy highs and lows caused by too much sugar, candy, and coffee. Take your sugar in the form of complex carbohydrates, such as cereals, rice, pasta, bread and potatoes. Eating frequent small meals, instead of a few large ones, also helps keep your blood sugar stable. Eat more vegetables!

7. Start exercising

The benefits of exercising three times a week for 20 minutes to two hours can not be over emphasized. Another benefit is that most people, when exercising, do not worry.

8. Avoid using drugs to "feel better"

You may feel better in the short term, but in the long run you will do enormous mental and physical harm to yourself.

9. Take a moment to stop and smell the roses

Take a moment to stretch, relax, or just gaze out the window. Meditate or take some time to close your eyes and breath deeply.

10. Drink plenty of water

Without water you'll have trouble concentrating and making good decisions – like learning how to say no sometimes....

(Source for all "stress" material: <http://www.teachhealth.com>)

Step 4 - Personal Health Summary

Write a short response (100 words) describing:

- How the completion of this project will help you to make good choices with regard to your overall diet and exercise plans in the future.

You're almost done!

- Proof read your work. Correct spelling errors, fat-fingered typos and sentences that do not make sense.
- Gather your title page and the tabbed sections together and make the project look visually appealing.
- **Hand it in TODAY!**



Congratulations, you are finished.