

Healthy Tips

This is a great time while out of school to start taking care of your overall wellness. Being physically active regularly is a healthy habit, not just for our physical health, but it helps with our mental and emotional health, too. When we are physically active, we can improve our mood immediately and we are using up energy which can help us have more restful sleep.

- Get plenty of rest
- Get plenty of exercise
- Brush your teeth
- Practice good personal Hygiene
- Include Physical Activity in you Daily Routine
- Drink 8- 8oz glasses of water each day
- Choose snacks the provide nutrients/energy
- Exercise during commercial breaks
- Write down something you are thankful for and why
- Start the day with a healthy breakfast
- Be sure to talk to yourself today like you would talk to someone you Love
- Help make a meal
- Take three (3) movement breaks each day
- Leave a kind note somewhere for someone to find
- Call a friend or family member to check in
- Limit your screen time

