

Activity Options for Module 2, Course A: Healthy Lifestyles

Activity Options for Module 2, Course A: Healthy Lifestyles.....	1
Activity 1: Physical Activity.....	1
Option A: Infographic.....	1
Option B: Track it!	2
Option C: Try something new	3
Activity 2: Nutrition.....	3
Option A: Personalized Food Guide.....	4
Option B: Plan a Menu	4
Option C: Make healthier choices.....	4
Activity 3: Mental Health	5
Option A: Time for YOU	5
Option B: Relax.....	5
Option C: Vision Board.....	7
Activity 4: Avoiding risk factors.....	8
Option A: Online interactive	8
Option B: Help someone quit!	8
Option C: Smoking calculator.....	8

ACTIVITY 1: PHYSICAL ACTIVITY

OPTION A: INFOGRAPHIC

Create an Infographic or Prezi to debunk common excuses people have for NOT getting active.

People always make excuses for not being physically active.

Your task: Create an info graphic, prezi or flowchart that lists common excuses people use and solutions/tips/ways to overcome those issues.

Example:

- I'm too tired to work out...

TIP: Skip the nap, working out can give you ENERGY!

When you exercise, feel-good endorphins are released, you are improving your heart health (meaning more endurance throughout the day), and you get a better sleep and are more focused mentally. Skip the cup of coffee and grab your sneakers!

Criteria:

- At least 5 excuses
- Research ways to overcome those issues
- List the information in an attractive graphic (hand drawn/online)
- Save/Scan and Post to your SharePoint Leadership Blog: Module 2, Activity 1, Option A

Websites you can use: Piktochart.com, Venngage.com, Prezi.com

OPTION B: TRACK IT!

Set goals and track your physical activity!

For the next week, plan, execute and reflect on your ability to follow the recommended weekly fitness guidelines.

Step 1: Plan your week

Using an online application or just plain old pencil and paper, schedule when you are going to work out each day this week.

Remember the Guidelines:

60 min/day (moderate - vigorous intensity)

- Vigorous intensity at least 3 times a week
- Strength training at least 3 times a week

Post this schedule to your Portfolio.

Websites:

www.eatracker.com

www.myfitnesspal.com

www.mapmyrun.com

www.fitocracy.com

Step 2: Complete your plan to the best of your ability

Take a picture or a video of you completing one of the activities on your schedule and post it to your Portfolio

Step 3: Reflect

At the end of the week, post a small reflection that answers these 3 questions:

- Were you able to complete your schedule of activities? Why or Why not?
- What did you enjoy the most about this week? Do you notice a difference in how you feel?

Finally: Set a fitness goal for the next month.

Example: I will practice my dance steps 3 times a week for 30 min for the next month

OPTION C: TRY SOMETHING NEW

Try a new activity and document the experience

Not every activity, works for everyone. Examine what motivates you when working out and try a new activity that meets those needs.

Step 1: Determine what motivates you personally to work out. Post the results on your portfolio!

Step 2: Try a new activity. Take a video or photo of this experience and share it on your portfolio.

Step 3: Post a brief reflection to your portfolio

In your reflection, answer these 3 questions:

- Why did you initially pick that activity?
- Will you do it again? Why or why not?
- What did you learn about yourself and how you work out best?

ACTIVITY 2: NUTRITION

OPTION A: PERSONALIZED FOOD GUIDE

Create your own food guide

Using the website link, create your own personal food guide filled with foods that you actually enjoy. Post this PDF to your SharePoint.

<http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/my-guide-mon-guide/index-eng.php>

OPTION B: PLAN A MENU

Plan a healthy menu for a week.

Using some of the information provided, make a healthy meal plan for the next week. Make sure to include foods that YOU enjoy and consider what your budget might be were you to execute this plan. Post your plan to SharePoint. If possible, snap a picture of you preparing or enjoying one of those meals. Use paper and pencil or one of these apps to help in your planning:

<https://www.pepperplate.com/>

<http://mealplanning.food.com/>

<https://play.google.com/store/apps/details?id=com.allrecipes.spinner.free&hl=en>

<http://www.lovefoodhatewaste.com/>

<https://evernote.com/food/>

OPTION C: MAKE HEALTHIER CHOICES

Re-vamp some old classic recipes

Sometimes eating healthy is not about elimination, but rather substitution. Make a list of 1-4 of your favourite dishes that you might want to make healthier. Try to pick one breakfast, lunch, dinner and dessert or snack item. Write out the recipe(s) on how these are made (this may require you to call a favourite restaurant or reach out to parents if you don't know how).

Next, research alternative recipes or substitutions for unhealthy ingredients and create a new, healthier recipe.

Example: Chocolate Chip Cookies

Alternative: Applesauce Oatmeal Raisin cookies

Swap out sugar for apple sauce and butter with vegetable oil.

Assemble these new healthy recipes into an attractive cookbook. Your recipe(s) should include a name, ingredient list with measurements, and cooking instructions. If possible, include a photo of your creation.

Here are some websites to create a professional finished look:

<http://www.familycookbookproject.com/>

<http://cookbookcafe.com/>

www.mycookbook-online.net

<http://www.blurb.ca/>

<http://createmycookbook.com/>

<http://heritagecookbook.com/>

ACTIVITY 3: MENTAL HEALTH

OPTION A: TIME FOR YOU

Make time for a hobby or do something you're good at!

Whether it's a sport, good books, or arts and crafts, make time for something that you personally enjoy. It's a way to keep your brain active without all that pressure! It's important that you take time for happiness and live a balanced life to have good mental health.

On your Leadership blog, answer these questions in a post:

1. What did you do?
2. How long did you spend doing this?
3. Was it difficult for you to find time for this? Why or why not?
4. How did you feel afterwards?

OPTION B: RELAX

Try a new relaxation technique

There are many activities out there that focus on breathing, self-awareness and relaxation. Here are a few that you could try:

1. Meditation
There are many classes that focus on this technique of focusing on the current moment, checking in with your body and deep breathing. There are actually many different types of meditation, they include:
 - Breathing meditation
 - Progressive Muscle Relaxation

- Body Scan meditation
- Mindfulness Meditation

If organizing a class into your schedule is not an option, take a look at this article for some suggested guided videos if this is new to you!

<http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

2. Yoga

While yoga has very spiritual origins, this combination of poses, breathing and meditation is now being practiced all over the world. Again, you can take a class (most first-time trial classes are free!) or try a video on your own. Here's an article that suggests great classes!

http://www.huffingtonpost.com/kayla-matthews/9-great-yoga-youtube-channels_b_6737360.html

3. Tai Chi

Tai Chi is a martial art that tries to connect mind body and spirit. There are classes everywhere, and also online ones.

4. Practice Mindfulness

The idea of mindfulness is that you remain present and appreciate the details in your life. Ever have moments you can't remember because you were running on "auto-pilot"? Do you tend to spill things or be rather clumsy? A mindfulness exercise might help you focus on the here and now in your life. Here is a list of activities:

<http://www.mindfulmuscle.com/5-top-guided-meditations/>

5. Create a list of small strategies that you can implement in an emergency situation

If you're in the middle of a test and experiencing a lot of anxiety, what are some in the moment emergency relaxation techniques you could try? Create a tip-sheet and upload this to your Leadership Blog.

Steps:

1. Research 5 different emergency methods to help you re-focus when you're feeling anxious. (Some ideas to get your started: Square Breathing, Pressure Points, etc.)
2. Create a small tip sheet (1/4 of a page) that describes these techniques and how to do them.
3. Share this tip sheet on your Leadership Blog

When you have completed your activity, share your experience on the leadership blog in a video or by answering questions.

1. What activity did you choose and why?
2. What did you enjoy/not enjoy?
3. Did it help you? Why or why not?

OPTION C: VISION BOARD

By setting and achieving goals you can increase your confidence and self-worth. It also helps to realize where you're at right now and appreciate what you have in the moment. By having visuals it can help you stick to what's really important in all aspects of your life.



Vision Board from crossfitroundrocktx.com

How to create a vision board:

1. Set goals for your future
Not everyone has clearly defined goals and that's alright. Here are some guiding questions that might help you identify some of the areas you want to make accomplishments in:
 - a. Who is in your life?
 - b. Where do you live?
 - c. Where do you work? What kind of job is it?
 - d. What is your lifestyle like?
 - e. How do you feel about yourself?
 - f. What kind of home have you created?
 - g. Where have you travelled to?
 - h. What accomplishments have you made?
2. Find images that represent these goals
3. Assemble the photos with glue or online. Some great online resources are:
<http://www.picmonkey.com/>
<http://www.pinterest.com>
<http://www.dreamitalive.com/>
Microsoft Publisher
4. Display your vision board where you will see it! Print and hang in your room when you wake up, or save it as your desktop background

Here are some questions you can ask yourself when creating your vision board:

5. Who is in your life?
6. Where do you live?
7. Where do you work? What kind of job is it?
8. What is your lifestyle like?
9. How do you feel about yourself?
10. What kind of home have you created?
11. Where have you travelled to?
12. What accomplishments have you made?

Zaman, Tehmina. "How To Create An Online Vision Board." *Epreneur TV*. N.p., 16 Dec. 2014. Web. 23 July 2015.

Christine Kane offers some tips on creating your vision board, whether you have clear-set goals or are still uncertain about what you want in the future: <http://christinekane.com/how-to-make-a-vision-board/>

ACTIVITY 4: AVOIDING RISK FACTORS

OPTION A: ONLINE INTERACTIVE

Complete the Canadian Cancer Society's interactive and post your "Next Step" on your Leadership Blog.

<http://www.cancer.ca/en/prevention-and-screening/live-well/interactive-prevention-tool/?region=on>

OPTION B: HELP SOMEONE QUIT!

Sometimes a personal message is what someone needs to hear...

Inspired by the <http://canada.dosomething.org> campaign, create a postcard for someone you know that you would like to quit smoking.

On your postcard, finish the sentence: "I want you to quit because..."

Post a picture of the postcard on your leadership blog, or describe it.

More info:

<https://canada.dosomething.org/campaigns/i-want-you-quit-because-0>

OPTION C: SMOKING CALCULATOR

Calculate how much money you save by not smoking – and plan what you'd do with it

Using the calculator site, calculate how much money you would save in 1, 5 and 10 years by not smoking. If you currently smoke, put in your real values. If you do not, assume that you smoke a pack a day.

<http://www.quitnow.ca/tools-and-resources/calculate-your-savings>

Once you've calculated the money, think about what you could do with it instead! Using the 1, 5 and 10 year calculations, give 1 example of what YOU would buy instead with that money. Post your choices to your Leadership Blog. Use pictures or just describe them.