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| **My Healthy Living Plan** |
| **Healthy Eating**This should have some type of reference to the Canada food guide (link is below). Tell us how you eat a balanced diet every day and/or what areas of your diet you need to improve (remember the word diet does not mean 'lose weight' in this instance).<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> |  |
| **Physical Activity**This should have some type of reference to your experiences in sport or PE. I have included a couple of links from the provincial and federal ministry websites which discuss the importance of quality daily physical education.<http://www.bced.gov.bc.ca/dpa/><http://www.phecanada.ca/programs/quality-daily-physical-education> |  |
| **Stress Management**Outline some of the major stressors in your life and discuss a few of the ways that you handle stress. Please provide any helpful strategies that you have learned and tell us where you may have picked these up.<http://www.webmd.com/parenting/features/coping-school-stress>[*http://kidshealth.org/teen/your\_mind/emotions/stress.html*](http://kidshealth.org/teen/your_mind/emotions/stress.html) |  |
| **Adequate Sleep**Outline how much sleep you feel is appropriate for your body and tell us how much sleep you are getting. Is there an opportunity for you to improve your sleeping habits? What are the barriers that prevent you from sleeping?<http://www.sd47.bc.ca/Documents/TheTeenBrain.pdf>**Teen Sport Injuries Linked To Lack Of Sleep**<http://www.medicalnewstoday.com/articles/251800.php>[*http://www.webmd.com/fitness-exercise/features/sleep-athletic-performance*](http://www.webmd.com/fitness-exercise/features/sleep-athletic-performance) |  |
| **Healthy Relationships**What are the most important relationships in your life? Are they healthy? Why is it important for you to help ensure that you continue to contribute to these important relationships in a healthy manner, while ensuring that your friends and family are doing the same?<http://www.kidsmatter.edu.au/families/about-families/family-relationships/healthy-family-relationships>[*http://kidshealth.org/teen/your\_mind/relationships/healthy\_relationship.html*](http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html) |  |