



Healthy Lifestyles

Materials:

- Worksheet

Brainstorm

In this lesson, students will learn about healthy lifestyles, positive habits, and how a healthy lifestyle is the fuel for maintaining our body budget.

In a group, have students brainstorm what elements of a healthy lifestyle are: What are the elements of a healthy lifestyle? Once each group has come up with some elements, have each group share a few and write the responses on the whiteboard.

Discuss

When we are talking about a healthy lifestyle we are talking about helping to maintain our body budget!

What does it mean to be “healthy”? (this is not about moralizing health and wellness- when you support your body budget you are the best functioning version of yourself. It should not be stressful or unattainable)

- What does it mean when someone says they have a “healthy lifestyle”?
 - In the media, there can be a lot of shaming or negative connotations surrounding health and wellness. When we talk about health we are only talking about supporting our body budget. When our body budget is supported, we are able to show up for ourselves and be at the top of our game physically and emotionally.
 - When we moralize our lifestyles into “good” or “bad” we can be setting a negative example that sometimes certain choices are “bad” all the time. For example, having a dessert after every meal is not the best choice for your health, but, having a dessert after one meal is not a “bad” choice at all! When we shove having dessert into the “bad” category, it will always be seen as a “bad” and therefore a wrong choice when it isn’t. It is all about **moderation and balance!** Those are the key helpers in creating a healthy lifestyle to support your body budget.



Body budget review:

The body budget is how your brain budgets the energy in your body to keep you alive and functioning. To maintain and keep a stable body budget, our brain anticipates our needs and tries to fulfill them before our levels get too low.

What are the elements of the body budget?

The five elements of our body budget are

- 1) Nutrition
- 2) Hydration
- 3) Sleep
- 4) Movement
- 5) Socializing

We will discuss all five elements of the body budget in the next section.

Dive in!

How does your body use energy?

Energy can not be created but must be transferred or converted. So how do we get our energy? From a chemical energy called ATP (adenosine triphosphate)! Or in a much simpler sense, we get our energy from food. Similar to how cars need gas to drive, we need food to survive. The forms of “gas” that our bodies need are proteins, fats, carbohydrates, vitamins, and minerals. When we give our body nutrient dense foods of all colors we are giving our body the energy it needs to sustain ourselves and our body budgets.

How do creating habits help us to reach our body budget goals?

Creating habits is an essential part of successfully reaching any goal. Self regulation plays a large role in creating and sustaining habits. There are 4 tiers to self-regulation: self-monitoring, self-instruction, goal setting, and self-reinforcement.



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Self-monitoring	Self-instruction	Goal Setting	Self-reinforcement
<p>Checking in with yourself to see how it's going</p> 	<p>Using strategies like self-talk as a reminder</p> 	<p>Setting a SMART goal to modify behavior/reactions</p> 	<p>Reward for meeting your goals</p> 
<p>Example: How does this make me feel? Why?</p>	<p>Example: Is this a time when I should be using the SCOPE-IT Strategy?</p>	<p>Example: I'm going to try to use the SCOPE-IT Strategy at least once a day to avoid feeling out of control.</p>	<p>Example: I met all my goals for this week, I'm going to have extra video game time!</p>

The SCOPE-IT Strategy helps us to execute our self-regulation skills by offering introspection and a guide to make a plan to solve our problem. In our activity section of our lesson, we will use the SCOPE-IT strategy and select an aspect of the body budget that we wish to improve upon and make a plan for improvement.

How does maintaining a body budget help with academics?

Simply put: When we are not maintaining our body budget, it can be difficult to do other things. For example, have you found it difficult to focus during class when you are hungry? This is an example of your body budget needs (nutrition) not being met as a result it is difficult to pay attention. When we maintain our body budget we are able to be better prepared, better listeners, and take action on the tasks we need to do during the day such as going to sports practice, going to class, studying, spending time with friends and family, and so on.

**Nutrition:**

As learned in previous lessons there are 5 main food groups, dairy, grains, vegetables, proteins, and fruits. There are recommendations for how many servings of each food group as well. It is important to keep those recommendations in mind when preparing meals to ensure that you are fueling your body correctly and getting the best nutrition that you can. Each food group helps to support different things occurring in your body as well! Think back to our comparison of food and gasoline. There are types of gasoline just as there are different forms of foods, carbohydrates, proteins, fats, vitamins and minerals. Each food group has varying levels of these forms and it is important to make sure you are getting enough of each form. This is why eating a variety of foods throughout the day is important. Think about the meals you are eating daily, is there variety? Are you including enough of each food group?

Fun fact: A great way to ensure that we are getting enough fruits and vegetables in a day is to make sure that each meal we have is full of color. Meaning different fruits and vegetables. A rainbow of meals so to speak.

Hydration:

It is important to make sure we are hydrating our bodies daily. As much as 60% of the human body is made up of water. If you don't replenish what you lose throughout the day, you can get dehydrated. Aim for 6-8 glasses of water daily. When we are dehydrated we can feel sluggish, dizzy, and have headaches.

Sleep:

It is important to get around 8 hours of sleep per night. Sleep is our body's way of recharging and in high school when we are developing, sleep is a necessity for growth.

Movement:

It is recommended to get at least 30 minutes of movement each day. Movement can and is enjoyable, there are many different ways to move your body and it is important to pick a few that you enjoy. Here are some movement ideas that we love: Yoga, walking, jogging, tennis, biking, swimming, playing basketball, playing soccer, playing hockey, playing football, gymnastics, etc.



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Socializing:

Socializing is so important for feeling a part of your community. Human beings are social creatures and it is natural to feel a certain level of connection with others. Socializing with friends, family, acquaintances, teachers, etc. is a great way to boost your body budget.

Fun Tip:

Many aspects of your body budget can be combined to ensure that you are integrating them all successfully. For example, going for a walk with a friend, cooking a nutritious meal with your family, going for tea with a friend, etc.

Activity

In this activity, students will use the SCOPE-IT Strategy and select an aspect of the body budget that they wish to improve and make a concrete plan to improve this part of their body budget.

Reflect : Why is the body budget so important? Refer back to the goal you set during this activity, how will you feel once you have completed this goal? What in your life will be better?

Extend and Enrich

[How to Teach Children About Healthy Eating, Without Food Shaming - The New York Times](#)

[Are You Budgeting for Emotional Intelligence? - International Coaching Federation](#)

[How the Body Uses Energy | Rockets Sports Medicine Institute](#)

For Further Study

[Keeping your "body budget" balanced: How to avoid depleting your resources - Sequence Wiz](#)

[Heart-healthy habits for children and teens lengthen lives - Harvard Health](#)

Professional Development

📺 How an understanding of "Body Budgets" is a GAME CHANGER for parents and teachers.