

WHAT IS A HEALTHY LIFESTYLE?

Eating Habits

It is important to minimize consumption of empty calorie foods

EX:



Maximize consumption of grains, proteins, vegetables, fruits, and dairy

EX:



Fitness Habits



What is Physical Activity?

Physical activity is engaging in activities in which you are working hard enough to raise your heart rate and break a sweat.



A poor diet can lead to energy imbalance

low energy negatively impacts performance in school or afterschool sports and activities

PRO-TIP !

What you eat matters much more than how much you eat. Include nutrients in your diet!



60 minutes of physical activity is recommended for teens.

Spend less time on your phone when it is necessary and watch less television to make time to get any kind of exercise.



Eating Habits During COVID-19

A proper diet can ensure that the body is in the best condition to fight the virus.

Eat at home to avoid contact with other people and limit exposure to COVID-19



Make sure you can taste and smell each meal. Loss of taste is a common symptom of COVID-19.

PRO-TIP !

Vitamin C is one of the best ways to improve the immune system



Fitness Habits During COVID-19

The COVID-19 pandemic can elevate your stress and harm your mental health. Physical activity and exercise can maintain mental health during this stressful time

ideas: utilize free resources like workout classes on youtube or social media trainers

PRO-TIP !

Dedicate a time during the day to work out and try to keep it consistent every day so it becomes routine!



Resources

Handling your food during COVID-19:

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/food-and-COVID-19.html

Importance of physical activity during COVID-19:

<https://medicine.umich.edu/dept/psychiatry/michigan-psychiatry-resources-covid-19/your-lifestyle/importance-physical-activity-exercise-during-covid-19-pandemic>