

In this activity students will identify ways they can establish healthy patterns in sleep, diet and exercise.

## LIFE: ACTIVITY 4

# HEALTHY HABITS FOR LIFE

- Open discussion by asking students to respond to the following questions on their own paper::
  - How many hours of sleep did you get last night?
  - List everything you ate yesterday.
  - How much time have you spent exercising or participating in a physical activity over the past week?
- Ask students to compare their responses with the suggestions and tips provided in the article. How do they rate? Which areas are the hardest to maintain healthy habits? Why?
- Ask students to think about any improvements or benefits they would experience by adapting to healthier habits. Provide time for students to share their thoughts, either with a partner, a group or the whole class.
- Have each student choose at least one area (sleep, diet or exercise), and to develop an action plan for making healthier choices over the next week. Students should keep a daily log of what they are doing differently, and any changes they notice.
- After a week has passed, have students share their experiences with the class. What were the challenges and benefits of the adjustments they made? Discuss how making permanent lifestyle changes can be helpful for years to come.

### Take it to the NEXT level:

Have a student or group of students research the USDA's dietary guidelines ([www.choosemyplate.gov](http://www.choosemyplate.gov)) and present their findings to the class.

Encourage a group of students to create a new after-school club based on a fun physical activity (yoga, surfing, kayaking, etc.)

To follow reading and discussion of **Take Charge of Your Health** on page 58.



### Florida Standards Assessment

- HE.912.B.4.1  
 Evaluate personal health practices and overall health status to include all dimensions of health.

### Materials/Preparation

- Paper and pencil