



Healthy Living

*Structured and Unstructured Play | Nutrition | Whole Foods | Community |
Outdoor Activities | Sleep | Unplugging*

What are characteristics of *healthy living*? Some people have said, friendship, physical activity, mental exercises, helping others, stewardship, and healthy nutrition. But did you know that after the family, formal education is one of the most important factors in encouraging healthy attitudes and habits in children and young people. It is estimated that the average student will spend some 15,000 hours of his or her life at school. Schools, therefore, play a vital role in promoting not only regular exercise and healthy diets but in developing students' emotional well-being.⁶

The state of our health is directly related not only to long-term physical well-being but also to emotional and social factors: our general happiness, confidence and outlook on life. There is also a clear relationship between health and educational attainment.

Studies show that time spent outdoors and active helps children grow lean and strong, enhances imaginations and attention spans, decreases aggression, and boosts classroom performance. In addition, children who spend time in nature regularly are shown to become better stewards of the environment.

Driving Questions

- ✓ How can we, as health educators or community health workers, educate our community about the behaviors that promote overall wellness?
- ✓ How can we, as members of the community, collaborate with our Parks and Recreation department to promote family healthy eating and activity habits?
- ✓ How can we, as epidemiologists, research the patterns and causes of diseases in our community and design a plan to lower health risks through awareness, education and activity campaigns?
- ✓ How can we, as local farmers, work with our food services department to promote healthy local, organic and fresh foods?

⁶ <http://www.centerforpubliceducation.org/Main-Menu/Organizing-a-school/Time-in-school-How-does-the-US-compare>



TOOLS AND RESOURCES

[Top 10 Tips](#) | [Fast Facts](#) | [Standards Alignment](#) | [Sample Action Plan](#) | [Healthy Living Audit](#) | [Lesson Links](#)