

8 Habits for Greater Well-Being

1 Eat a healthy breakfast.

- Breakfast improves memory, creativity, and focus and helps maintain a healthy weight!
- Include a variety of fruits, whole grains, protein, and calcium rich foods!

2 Eat more fruits and vegetables.



- The fantastic nutrients in fruits and vegetables help prevent illnesses, help you learn and boost energy.
- Fruits and vegetables help with weight control.
- Eat at least 2 cups of fruit and 3 cups of vegetables daily!

3 Limit sweet drinks and hydrate.

- Water keeps skin, joints, and muscles healthy.
- Reduce or eliminate sweet drinks like soda, lemonade, sports drinks, and coffee drinks.
- Sweet drinks are linked to obesity, weak bones, diabetes and tooth decay.
- Aim for 6 – 8 cups of water daily for good health!



4 Limit sitting time.

- Get up and move at least every hour whether you are sitting at a desk, in the car, at the computer or tv, or on your phone!
- Too much sitting is tied to diabetes, heart disease, and obesity.



5 Increase your activity.

- Staying active boosts memory, reduces stress, manages weight, increases energy, and prevents illness.
- Include moderate exercise every day
 - at least 60 minutes a day for kids,
 - 30 minutes a day for adults!
- Don't forget to add muscle and bone building activities several times a week!



6 Eat together and stay connected.

- Enjoying the company of others at meals can lead to better well-being!
- Kids who eat with family do better in school, have healthier weights, eat more balanced meals and tend to avoid more risk-taking behaviors.
- Positive relationships and social networks can boost your mood and favorably affect health!

7 Be mindful.

- Be aware and present in the current moment. Focus on what you are experiencing in a non-judgmental way!
- Being mindful while eating slows down meals and allows for more enjoyment.
- Mindfulness eases stress and adds more joy to each day.

8 Get a good night's sleep and recharge.

- Good sleep boosts mood, energy, memory, attention, and creativity! It is also important for managing weight.
- Discover other ways to also recharge and relax! Lowering stress is vital for good health and well-being!
- Aim for 7 – 9 hours of sleep a night for adults, 10 – 11 hours for children.



PARKVIEW
HEALTH

Well-Being Tracker

Week: _____

FOOD	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast Every Day!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits Eat More!	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Veggies Eat More!	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Sweetened drinks Aim for None!	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+
Low-fat Milk Drink Up!	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Water Drink Up!	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○

ACTIVITY	SUN	MON	TUES	WED	THURS	FRI	SAT
Minutes of sitting time (TV, video games, computer, etc.) Go Easy!	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes
Move or walk every hour?	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○
Minutes of activity Rev it Up! (includes outside play, chores, family activities, walking to school, sports, and more...)	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes

WELL BEING

I enjoyed the company of others at meals on these days:

Sun Mon Tues Wed Thurs Fri Sat

I ate mindfully on:

Sun Mon Tues Wed Thurs Fri Sat

I received adequate sleep on:

Sun Mon Tues Wed Thurs Fri Sat

Celebrate

Things I did well this week:

My New Goals

Things I could improve on:

For more Well-Being tools, tips and programs, visit www.parkview.com.