

# The Value of Good Health

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Mrs. Hunter

Protect your health; it's  
your biggest asset

It takes 21 days to start a  
healthy or unhealthy habit

How do you think  
people take care of  
them themselves--or fail  
to?

# Take 1 minute to do mindful breathing

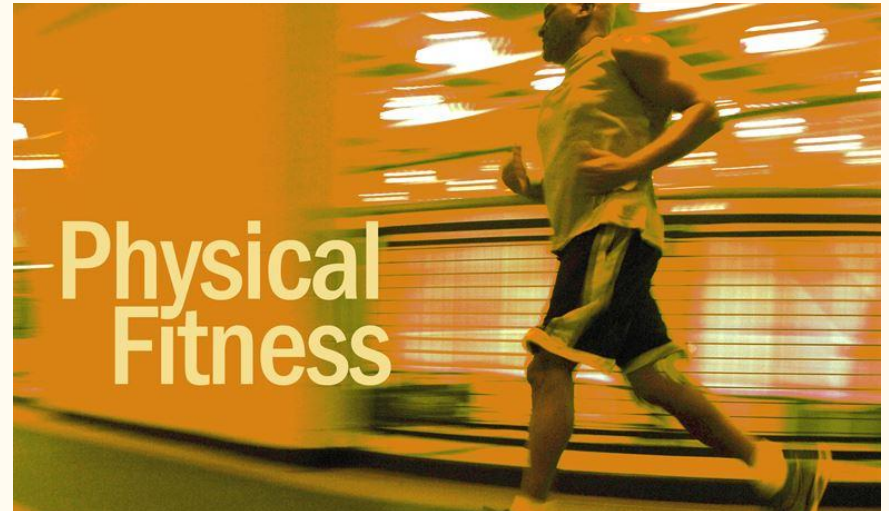
Pay attention to every breath as  
much as possible

Remember to do the following:

- Relax
  - You can turn on calming music
  - Breathe from your chest, belly,  
or nose
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# Figure it out

1. Protect our health- what can you do?
2. How do people put their health at risk?
3. What are the benefits of taking care of our bodies?
4. What can be some short or long-term consequences of risking our health?



# Set Goals



1. Pick a Goal

2. Write down the steps to  
work on that goal

3. Keep It Simple

# Healthy Choices

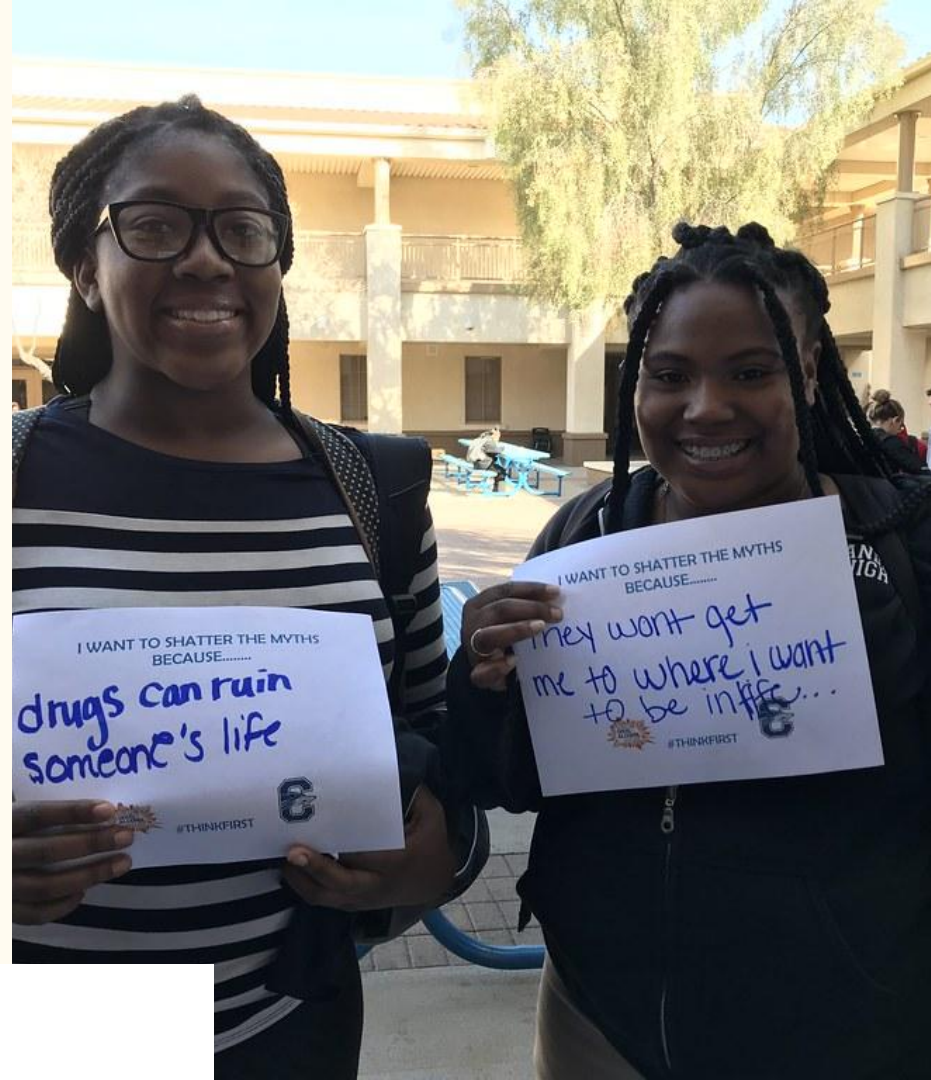
## Find an adult or friend:

1. **How does this person protect their health?**
2. **How does this person influence me?**
3. **How will this healthy choice help you?**

## Healthy Ideas:

- Take Walks
- Do Physical Activities
- Remove any Negativity
- Read a book
- Eat Healthier Foods
- Write in a journal
- Drink plenty of water
- Stay away from drugs and alcohol
- Don't put anything harmful into your body.





Make the choice to stay healthy!

# The Value of Good Health

The greatest gift you can give to your family is to stay and be healthy. During this time it's important to stay physically and mentally healthy.

Mindfulness can: help lower stress, improve your sleep, and improve your mood, increase positive emotions, and lower anxiety and anger.

Remember to take 15 minutes daily to practice mindfulness. It can be 5 minutes in the morning, 5 minutes in the afternoon, and then 5 minutes before you go to bed.