

NAME:

GRAD TRANSITIONS: ASSIGNMENT 4

HEALTHY LIVING PLAN AND REFLECTION

1. What is the goal of your physical health plan? In other words, what would you like to do to be more physically healthy and how do you plan to reach your goal?

Example: have more energy, get more muscular, put on/take off specific amount of weight

Goal:	
Plans to achieve goal:	

2. What kind of exercises/activities will help you reach this goal?

3. What are the benefits of having a regular exercise routine into your lifestyle?

4. What are the challenges/obstacles that may prevent you from having a regular exercise routine into your lifestyle?

5. Name one benefit and challenge of ALL the specific activities listed below:

ACTIVITY	BENEFIT	CHALLENGE
<u>Example:</u> running	good cardio workout	need some knowledge about developing a running program
weight training		
canoeing		
swimming		
skiing		
basketball		
skateboarding		
snowmobiling		
biking		
walking		
soccer		
hiking		
skating		

6. What other activities you would like to do or try? What are the challenges or barriers to doing these activities?

ACTIVITY	CHALLENGE/BARRIER

7. What is the goal of your healthy eating plan? Example: eat more fruits and vegetables, eat more whole foods, drink more water

8. What are 5 TIPS / RULES for maintaining a healthy eating plan? Example: eat 5 colours daily, eat less processed foods

-
-
-
-
-

9. What are you doing to continue or improve your nutritional decisions for a healthy lifestyle?

10. What is the goal of your emotional health management plan? Example: be happy, reduce stress, think positive, etc.

11. What community resources are available in our community, who can they help, and what service do they provide? Two examples and two additional resources have been provided. Please complete the boxes for the two community resources provided and add two more of your own. Complete the rest of the chart below.

Group/Organization	Who do they help?(Be specific)	What service do they provide?
Mills Memorial Hospital	Anybody hurt or injured	Provide medical /physical help
Kids Help Line	Children & youth under 18	Mental health help
Church (any religion)		
Kermodei Friendship Society		