

The Art of Physical Health

Physical and mental health are much more connected than many people realize. The mind-body connection is real. This means that taking care of your physical health can help improve your mental health.

Making simple changes to lifestyle habits — such as physical activity, diet, and sleep — can go a long way toward boosting how you feel inside and out. Here's how this works — and some tips to help you get started.



Get Active

- Active children and teens have better academic and mental health outcomes
- Children and teens should be physically active for **60 MINUTES DAILY**



Learn more from Jeffco's Healthy Schools Team about Physical Activities

[Family Physical Activity Calendar](#)

Drink Lots of Water

WHY should kids #ChooseWater?

Water is a great drink choice for kids!

ZERO

It's super healthy:
0 calories & no added sugar

It's good for the body:
helps keep joints healthy, good for teeth, helps blood circulate

It's good for the mind:
Staying hydrated helps concentration and focus

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Being well hydrated improves mood, memory and attention in children. And it's economical – tap water is much less expensive than sports drinks, sodas and juice.

Here are [some tips](#) on how to help your family choose water.



Eat Healthy

October is pumpkin season! These squash are full of vitamins and minerals and can be an easy, tasty part of many recipes. Read on to find how pumpkin can be an added benefit to your diet.

[Health Benefits of Pumpkin and some tasty PUMPKIN RECIPES](#)

Make time for Sleep

National Sleep Foundation: Sleep Time Recommendations		
AGE	RECOMMENDED	NOT RECOMMENDED
PRESCHOOLERS (3-5 years)	10-13 hours	Less than 8 hours More than 14 hours
SCHOOL-AGE CHILDREN (6-13 years)	9-11 hours	Less than 7 hours More than 12 hours
TEENAGERS (14-17 years)	8-10 hours	Less than 7 hours More than 11 hours
YOUNGER ADULTS (18-25 years)	7-9 hours	Less than 6 hours More than 11 hours

Getting too little or too much sleep — or not sleeping when your body needs rest, can lead to:

- Bad moods
- Decreased physical activity
- Depression and anxiety
- Fear
- Fatigue
- Confusion

[Sleep and Teens](#)

