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

Drink Lots of Water

Why should kids #ChooseWater?

Water is a great drink choice for kids!

- Zero: It's super healthy, contains no added sugar
- Good for the body: Helps keep joints healthy, good for both, helps blood circulation
- Good for the mind: Helps maintain healthy brain concentration and focus

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

Family Physical Activity Calendar

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

<table>
<thead>
<tr>
<th>AGE</th>
<th>RECOMMENDED</th>
<th>NOT RECOMMENDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRESCHOOLERS (3-5 years)</td>
<td>10-13 hours</td>
<td>Less than 8 hours</td>
</tr>
<tr>
<td>SCHOOL-AGE CHILDREN (6-13 years)</td>
<td>9-11 hours</td>
<td>Less than 7 hours</td>
</tr>
<tr>
<td>TEENAGERS (14-17 years)</td>
<td>8-10 hours</td>
<td>Less than 7 hours</td>
</tr>
<tr>
<td>YOUNGER ADULTS (18-25 years)</td>
<td>7-9 hours</td>
<td>Less than 6 hours</td>
</tr>
</tbody>
</table>

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