

BTS



Wellness Committee Winter Wellness Presentation

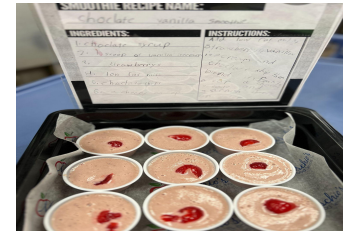
Healthy habits



- Get enough sleep
- Eat healthy
- Get enough exercise / Get outside
- Limit screen time
- Good hygiene (take care of being clean!)
- Go green, recycle
- STAY “PAWSITIVE”!

BTS fun food facts

- BTS Maschio Chef days
- Garden harvest in cafe
- Food donations from BTS
- Annual Food drive
- Student led presentations
- Student food recipe contests
- BTS Wellness Policy 8505 aligned



EAT HEALTHY FOODS - RAINBOW ON YOUR PLATE!!!



HOW CAN A RAINBOW HELP YOU?

- WATERMELON - GOOD HYDRATION + PROTECTS CELLS FROM DAMAGE
- CARROTS - YOUR EYES THANK YOU, VITAMIN A
- BANANAS - HAPPY FOOD, HELP STOMACH DIGEST FOOD
- SPINACH - BRAIN ALERTNESS, THANKS, VITAMIN K!
- BLUEBERRIES - CLEARS HARM FROM BODY
- PLUMS - GOOD HYDRATION + YUMMY!





EXERCISE DAILY



Why is exercise important?

- ☐ build muscle strength
- ☐ be more flexible
- ☐ keep a healthy mind
- ☐ keep a healthy body (heart, lungs)
- ☐ less chance of getting sick

Some Fun Exercise Ideas

- dance to your favorite music
- take your pet(s) for a walk
- nature hike
- ride a bike/scooter
- yoga/breathing exercises



What is AHA? heart.org



- A BTS partner for heart health
- Heart health is important to avoid heart disease, heart attacks & strokes
- From the AHA website: the AHA has grown into the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke
- The American Heart Association is the largest non-profit funding source for research in diseases of the heart next to Federal Government
- We can help by learning CPR & donating to the AHA



GAME
OVER

DON'T SPEND ALL YOUR TIME ON A SCREEN!

TRY THESE OTHER ACTIVITIES!



- PUZZLE, READ
- PLAY WITH TOYS OR PETS
- COLOR / DRAW
- ENJOY NATURE / BREATHE...
- QUALITY TIME WITH FRIENDS & FAMILY
- PLAY A BOARD GAME
- OUTSIDE SPORTS / ACTIVITIES
- JOIN A CLUB





Good Hygiene



Being clean helps stop the spread of germs, you look & feel better about yourself too! Shower regularly and wear clean clothes everyday:

- Shower after playing sports / playing outside on hot days
- Wash gym clothes at least 1X / week
- Wear socks to help shoes smell good
- Brush teeth at least 2X / day, floss at least 1X / day
- Wash face 2X / day to help your skin
- Wash hands 20 seconds (helps stop spread of germs)



The Power of Yet



Here are some examples of the power of **YET!**

- I can't do this math problem **YET!**
- My friend has a dog, but I don't **YET!**
- I'm not famous **YET!**
- I'm not eating more fruits and veggies **YET!**

TIP

If there is something you can't do, Add the word YET at the end of your sentence because you can do ANYTHING. Just be "PAWSITIVE".

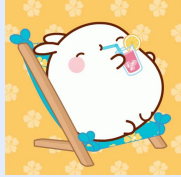
"There is a difference
between not knowing and
not knowing yet"
- Sheila Tobias

DAILY REMINDERS

1 hour of electronics



4 Rest Breaks



7 glasses of water



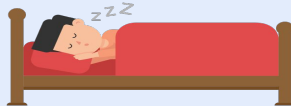
2 types of physical activities



5 fruits and vegetables



8 hours of sleep



3 Meals and 2 snacks



6 minutes of calm breathing



9 kind words



Thanks for listening!!!



GO BULLDOGS!!!

SOURCES

www.aha.org

<https://www.straussesmay.com/seportal/Public/DistrictPolicy.aspx?policyid=8505&id=a351dfc744194808be93335028534bce>

<https://kidshealth.org/en/teens/tips-sleep.html>

<https://www.nwhealth.edu/news/11-top-watermelon-health-benefits/>

<https://health.clevelandclinic.org/>

<https://kidshealth.org/en/teens/tips-sleep.html>

<https://kidshealth.org/en/parents/exercise.html?ref=search>

<https://kidshealth.org/>