

STAYING HEALTHY AND ACTIVE

Being healthy isn't just about 'not being sick.' It includes caring for our physical bodies and mental health.. Everything from our environment, our food, what we do, and our genetics can impact our health.

WHAT ARE SOCIAL DETERMINANTS OF HEALTH?

Social determinants of health are factors in your environment that can impact your health. Things like:

- ♥ income
- ♥ social status
- ♥ education
- ♥ childhood experiences
- ♥ environments
- ♥ coping skills
- ♥ access to services
- ♥ genetics
- ♥ gender
- ♥ culture
- ♥ race



Community Health Boards are groups of committed volunteers who work together to improve the health and wellness of their communities. For more info, go to communityhealthboards.ns.ca.

You can find more info, and videos at legalinfo.org/g4g or women.novascotia.ca/g4g.

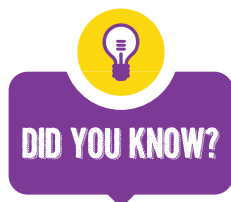
You can be healthy at any size! Your body shape does not reflect whether you are healthy or not. The state of your health is personal and private and can only be determined by medical professionals - not your peers or the internet

There are many ways we can take care of our bodies:

- ♥ eating healthy
- ♥ drinking water
- ♥ being active
- ♥ getting enough sleep
- ♥ good hygiene



Eating healthy is about developing healthy eating patterns and will help you improve your overall health. Canada's Food Guide provides you with inspiration and guidance on healthy food choices: Food-guide.canada.ca



20% OF THE NUTRIENT YOU GET FROM YOUR FOOD GOES TO YOUR BRAIN AS ENERGY. THIS ENERGY IS USED BY YOUR BRAIN TO HELP PROCESS YOUR THOUGHTS AND EMOTIONS!

MAKE WATER YOUR DRINK OF CHOICE.

Water is vital to your health. Our body loses water constantly - sweating, breathing, or going to the bathroom are all ways that our body loses water, and you have to replace it with more!

Tips for drinking water:

- ♥ drink it either hot or cold
- ♥ drink it with your meals
- ♥ ask for water when you're eating out rather than pop
- ♥ use reusable water bottles
- ♥ try mixing fruits and herbs into your water
- ♥ try sparkling water
- ♥ keep a pitcher of water in the fridge or on the table for easy access



Sometimes you can develop a negative relationship with food, and sometimes it becomes difficult to control. Many people struggle with disordered eating. Eating Disorders Nova Scotia provides support to help you overcome your struggles at all stages. For more info: eatingdisordersns.ca

PHYSICAL ACTIVITY

Our bodies are meant to move! It's recommended that everyone gets at least 30-60 minutes of physical activity a day.

Being active is one of the best things you can do to be healthy. It is vital for your physical and mental health.

You don't have to give up video games, your phone, or your computer to stay active. You can use your devices to stay healthy! Check out your phone's apps or get a fitness tracker or smartwatch to monitor your activity! Some gaming consoles have movement games that get you up and moving!

GET ACTIVE:

- ♥ walk or bike to school
- ♥ dance to your favourite music
- ♥ play sports/games during lunch or after school
- ♥ swim
- ♥ skate
- ♥ do yoga



It can sometimes be uncomfortable doing activities around people. You may feel insecure and worry about people judging you. It's ok - and completely normal!

The more you move, the more confident and comfortable you will be. Also, other people are usually only focused on what they are doing and aren't even looking at you.

WHAT PHYSICAL ACTIVITIES DO YOU ENJOY DOING?

Our bodies are constantly changing! Safe and trusted adults in your life, as well as health professionals, can help you navigate through the changes. It may feel awkward, but don't worry! You are not alone!

Sexual Health Centres can give you with information about how your body is changing. To find a Sexual Health Centre near you, go to shns.ca.

We are all unique! Anytime you are tempted to compare yourself to others:

STOP AND CONSIDER WHO YOU ARE AND YOUR VALUE!

Write down 5 things that you like about yourself and your body:

1

2

3

4

5



**STAND IN FRONT OF THE MIRROR AND
REPEAT THIS LIST WHEN YOU FEEL DOWN!
THIS CAN HELP TO REMIND YOU THAT YOU
ARE VALUABLE AND UNIQUE!**

NOTES