**April 13, 2020**

Chapter 1

*\*\*Refer to the chapter power point at the end of the packet*

**Slide 5: Aspects of Health**

* **Social/ Emotional Health**
  + Read the article below on CNBC below
  + [**https://www.cnbc.com/2020/03/20/relaxing-activities-to-do-at-home-during-covid-19-quarantine.html**](https://www.cnbc.com/2020/03/20/relaxing-activities-to-do-at-home-during-covid-19-quarantine.html)
  + This article gives you some quality ideas to do when you start to feel bored or isolated, which if you are like me is already occurring!
  + Complete one of the activities in the article and then journal how you believe staying busy and active can help with our days in isolation.
  + Lastly, make a tik tok for some fun! Get sibilings, mom and dad or whoever is in your household involved.
    - *Keep it appropriate and if we get the chance through distance learning maybe we can share with the class for a good laugh during quarantine!!*

**April 14, 2020**

Chapter 1

*\*\*Refer to the chapter power point at the end of the packet*

After reading through slides 6-19, in your own words explain the difference *Wellness* and *Health*. (2-4 sentences). Lastly, please answer the critical thinking questions below in full sentences.

**Technology and Health**

* What are some positive aspects of technology?
* What are some negative aspects of technology?
* Have you ever googled your symptoms?
* Do the positive influences outweigh

the negative influences? Explain in 3 to 5 sentences

**April 15, 2020**

Chapter 1

*\*\*Refer to the chapter power point at the end of the packet*

After reading through slides 13-22, answer the following questions in 2-3 sentences.

**Influences:**

* Social Environment: includes the people you spend time with.
* Most people learn their first basic health lessons from their family.
* **Who else can influence you? Why?**

**Habits:**

* **What are a few unhealthy habits? Why?**
* **What are some excuses a person might offer for not being able to break the habit?**
* **What could you say to argue against their excuses?**

**April 16, 2020**

Chapter 1

*\*\*Refer to the chapter power point at the end of the packet*

After reading through slides 23-33, answer the following questions in 2-3 sentences.

**Health Literacy**

* A person with health literacy has the ability to gather, understand, and use health information to improve his or her health.
* **What is your most common source of health information? What is your most reliable source?**

After reading through slides 36-41, answer the following questions in 2-3 sentences.

**Media**

* Including all media, the average teen sees between 20,000 and 40,000 advertisements each year.
* **Do you believe advertisements has a major influence on teen behavior and health?**
* In your own words explain the difference *FRAUD* and *QUACKERY, as well as what part you believe it plays in people’s health*. (3-6 sentences).

**April 17, 2020**

Chapter 1

*\*\*Refer to the chapter power point at the end of the packet*

*Slide 34 & 35*

**Proposal**

* Think for a moment and identify a small, but important change that could make our school a healthier place to live…
* **What would it be? What might be some obstacles might you have to overcome to make this change a reality? ( 1 full page hand written)**

**Use the D.E.C.I.D.E method on slide 35 to help you come up with a proposal.**

**Articles for the above work**

**April 8: Physical health**

# How to stay fit when the gym is closed and you are stuck at home

Coronavirus concerns, social distancing, gym closures and home confinement may tempt you to just curl up on the couch and binge-watch Netflix, or lose yourself all day in a great novel. But regular exercise is essential for supporting healthy immune function; preventing weight gain (which can [impair immune function](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3842061/)); boosting your mood; and keeping you as healthy as possible (and out of the hospital or emergency room) during this challenging global pandemic. With the world feeling a bit out of your control, now is the perfect time to take control of your health by building daily exercise into your schedule. You should aim for at least 30 minutes of cardiovascular exercise each day plus strength training at least twice a week. More than that will prevent weight gain (especially if you are diabetic or pre-diabetic), as most people are probably burning far fewer calories than they normally do because of drastic limitations in daily activities. It's also important to try to limit prolonged sedentary behavior. [One research study](https://www.ncbi.nlm.nih.gov/pubmed/27342426) found that even one additional hour of sedentary behavior (watching videos) was associated with a decline in immune function in young males, and [a large study](https://www.ncbi.nlm.nih.gov/pubmed/25599350) found that sedentary behavior is also associated with an increased risk of heart disease, diabetes, cancer and risk of dying. But don't overdo it -- [strenuous exercise](https://www.ncbi.nlm.nih.gov/pubmed/17303714https:/www.ncbi.nlm.nih.gov/pubmed/17303714) or overtraining, especially for those who are over the age of 65, not very fit to begin with or have a pre-existing medical condition, may temporarily suppress your immune system and therefore should be avoided during this pandemic. Outdoor exercise -- including running, biking, hiking and walking -- has the added benefit of providing a little sun exposure to boost your vitamin D levels. Vitamin D is produced in your skin with sun exposure, and getting outdoors, especially in nature if possible, may even help boost your immune system and mood -- just make sure to maintain social distancing.

### **What can I do at home?**

Worried about exposure, quarantined or it's pouring outside? You can still get a full workout at home.

If you don't have exercise equipment in your house, there is still a lot you can do to stay fit, active and sane during these trying times. Online streaming services, the internet and mobile app stores are loaded with a variety of free and low-cost at-home workouts for all fitness levels and workout preferences, and many don't require any equipment. Pilates and yoga expert Ellen Barrett recommends creating a comfortable space for workouts in your home. "I have a yoga mat always laid out and it's in a calm corner of a sitting room off my bedroom. It has lots of natural light too. That space is ready for me to meditate in or do light stretching or do more intense barefoot workouts," she explained. Another fun indoor fitness idea is "house walking," a term coined by [Hungry Girl founder Lisa Lillien](https://www.hungry-girl.com/). Lisa actually started house walking at a hotel years ago because her travel schedule was getting in the way of her regular workouts. Lisa wears her step counter all day and gets steps in any way that she can -- watching TV, brushing her teeth, talking on the phone, walking up and down stairs, even walking around the kitchen while preparing healthy meals. Strength training is also very important for supporting healthy immune function and staying out of the hospital (strong leg and hip muscles help reduce the risk of falls). This is especially true for those over age 50 who are at a higher risk for age-related muscle loss, according to the American Council on Exercise.

A study in breast cancer survivors showed that resistance training three times per week had a beneficial effect on natural killer cells, an important component of our immune system.

### **The whole family**

And don't forget about your kids. Exercise isn't just important for their physical and mental health, as [research](https://www.ncbi.nlm.nih.gov/pubmed/29054748) shows that it also improves focus and academic performance. Plus, exercising with others can make it more fun and keep you accountable. Los Angeles-based coach and sports camp director Rio Saken will be regularly posting free and fun daily kids workouts on [YouTube](https://www.youtube.com/watch?v=YJ5_qo1UnyQ&feature=youtu.be) to help parents keep their kids active and healthy during these challenging times. Or you can always do an impromptu dance party with your kids for fitness and likely get a few good laughs (which also may boost your [immune system](https://www.ncbi.nlm.nih.gov/pubmed/18955287)).

### **A daily workout you can start today**

Trainer Lynn Montoya, an expert in fitness for people over 50, shared this great full-body strength workout using just your body weight or a few household items. You can even do many of these moves with your kids, or all depending your child's age -- just make sure to choose an age or size appropriate weight and make sure their form is correct so they don't injure themselves. Perform each exercise 10-12 times before moving on to the next one, and complete one to three rounds of all the moves with 30 seconds of high knees, jumping jacks or marching in place in between each round.

**Squats.** Stand with your head facing forward and your chest held up and out. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. Hinge your hips back as if you're about to sit in a chair. Keep your head facing forward as your upper body bends forward a bit. Lower down so your thighs are as parallel to the floor as possible (if not, that's okay), with your knees over your ankles. Press your weight back into your heels. Keep your body tight, and push through your heels to bring yourself back to the starting position. **Reverse lunges.** Stand with feet shoulder-width apart, hands at your sides or on your hips. With your right foot, take a large step back, landing with the ball of that foot on the ground and your heel up. Lower the back leg straight down until it gently grazes the ground or close to it, creating a 90-degree angle in the front leg. Push through the heel and midfoot of the front leg to return to standing, bringing your right foot back in line with your left. Repeat on the left side. That's one rep. (Note: If you have knee issues, or are a beginner, lower your knee only one-fourth of the way down, working within your pain-free range. You can also start with a shorter stride length and increase the distance as you become stronger.) **Kneeling pushups.**Begin in a hands-and-knees position on the ground with your eyes on the floor beneath you and your hands placed slightly wider than shoulder-width apart. Your knees should be at a comfortable distance apart. Inhale as you slowly lower your elbows to bring your stomach to the ground. Be sure to keep your core muscles contracted! Pause for a second and then exhale as you push up from the ground to your starting position. As you get stronger, perform the pushup from your toes. **One-arm rows.** If you don't have a set of dumbbells, try using a laundry detergent bottle, canned goods, a water bottle or even a milk carton. Leaning over the arm of a couch or chair, you want about a 45-degree bend of your upper body. Keep your back neutral and keep your core engaged. Pull the dumbbell (or makeshift one) up to your side. Keeping your arm close to your body as you pull your elbow back, squeeze the shoulder blade before fully extending your arm back to the starting position. Repeat. **Bicep curls.** Stand tall with your feet hip-width apart. Hold a makeshift weight or dumbbell in each hand with arms at your sides and palms facing forward. Keeping your abs tight and elbows tucked close to your sides, bend your elbows (not your wrists!) to curl the weights up to your shoulders. Pause, then slowly return to starting position. **Tricep dips.**From a chair or countertop, place palms with fingers forward on the edge of the countertop or edge of a kitchen chair and walk your feet out to a 45-degree angle. Keeping your knees soft and your core engaged, slowly bend knees, while bending elbows backward. Return to starting position. To make this more challenging, try lifting one foot slightly off the floor.

**Plank.**Plant hands directly under shoulders, slightly wider than shoulder-width apart, like you're about to do a push-up. Ground toes into the floor and squeeze your glutes. To help neutralize your neck, find a spot on the floor about a foot beyond your hands; you want your head to be in line with your back. Hold the position for 30 seconds. As you get more comfortable with the move, hold your plank for as long as possible without compromising your form or breath.

I hope these tips and simple exercises help you and your family get, and stay, fit and healthy throughout this pandemic and well after. You are never too old or too young to start building fit habits for life.

[*Dr. Melina Jampolis*](http://www.drmelina.com/)*is an internist and board-certified physician nutrition specialist and author of several books, including "Spice Up, Slim Down."*

**April 9: Mental health**

**What individuals can do**

However, as more and more people face the prospects of several weeks of quarantine or social distancing, individuals will also have to establish their own ways of preserving their mental health at home.

CNBC Make It compiled the advice of psychology experts, as well as several health bodies, to find out their top tips:

* **Create a routine** — Change out of your pajamas, shower and make a to-do of all the things you want to achieve each day to create a sense of normality and productivity.
* **Break up your day** — Find tasks to break up your day and, where possible, change your environment for different activities.
* **Take care of your body** — Eat healthily, get plenty of sleep and exercise daily. That could include conducting indoor workout classes, stretching and practicing meditation.
* **Help others** — If you’re not under strict isolation rules yourself, and you’re in a position to do so, find ways to support those in need by offering to run errands and collect supplies for them.
* **Stay connected** — Make the most of technology and stay in touch with colleagues, friends and family via phone calls, texts, social media and video conferencing.
* **Limit media intake** — Stay informed about the situation via reliable sources, but limit your news and social media intake to avoid feeling overwhelmed.
* **Prepare medical supplies**— The [National Alliance on Mental Illness](https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus)advises, where necessary, asking your doctor for extended prescription supplies to tide you over for quarantine periods.
* **Fight boredom**— Make the most of catching up TV series, reading and exploring projects you have been putting off to beat boredom and stay mentally active.
* **Avoid burnout**— Set strict limits to your work to avoid becoming overwhelmed and make time to unwind.
* **Focus on the positives** — Amplify good news stories and honor caregivers working tirelessly to resolve the situation.
* **Take one day at a time** — Try not to project too far into the future. Remember that these are temporary measures and you are not alone.

“My advice? Always the same,” said Friedman. “Stay in contact with people — virtually — engage in activities that give you pleasure and a sense of meaning, and do what you can to help others, which is a remarkable antidote to depression.”

**April 10: Social/ Emotional Health**

# 6 science-backed activities to help you relax while you’re home

# If you’ve been inside for days on end amid the COVID-19 pandemic, you might be getting a little stir-crazy — or at the very least, feeling bored. “Human beings are not real great about endless time at home, not really knowing what to do with yourself,” Lauren Murray, a clinical psychologist and associate scientist at Johns Hopkins University, School of Public Health in the Department of Mental Health and International Health, tells [CNBC Make It](https://www.cnbc.com/make-it/). In other words, we’re not great at [having free time](https://www.cnbc.com/2019/11/06/how-successful-people-spend-leisure-time-james-wallman.html). You don’t have to use this time to write the next great American novel; indeed, there’s a lot to worry about and do. But if you are looking for some structure in your day, here are some relaxing activities you can do at home during the COVID-19 quarantine.

**Color or doodle**

[Studies](https://files.eric.ed.gov/fulltext/EJ688443.pdf) have shown that “structured coloring of a reasonably complex geometric pattern,” such as a symmetrical mandala pattern or coloring book, can lead to a meditative state that helps reduce anxiety. Consider breaking out your adult coloring books, or drawing your own pattern.

**Go for a walk**

Walking not only counts as physical activity, but also provides some mental health benefits. If you can get outside to walk, studies have shown that a brisk walk can [make you feel more creative](https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf). A 2016 [study](https://www.ncbi.nlm.nih.gov/pubmed/27100368)found that walking can make you happier and reduce feelings of boredom and dread, even if you’re just walking indoors. ([Walking outside](https://www.today.com/health/can-i-run-outside-during-coronavirus-it-ok-go-walk-t176256)and staying at least six feet from other people is safe during the COVID-19 pandemic, FYI.)

**Sleep**

Aim to get seven to eight hours of sleep, because when you’re sleep-deprived your body has a harder time fighting infectious diseases, according to the [Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757). [Studies](https://www.sciencedaily.com/releases/2017/01/170127113010.htm) have shown that people are more likely to get infected with other types of viruses (like influenza and rhinovirus) if they’re sleep-deprived.

If you’re going to take a nap, stick to 10 to 20 minutes to avoid feeling groggy or messing with your sleep-wake cycle, according to the [Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/napping/art-20048319).

Just keep in mind that sleeping too little or too much can be a [symptom of depression](https://www.apa.org/topics/depression/).

**Do Yoga**

Feeling stiff from sitting at your [WFH station](https://www.cnbc.com/2020/03/19/ways-to-make-your-work-from-home-space-ergonomic-better-for-your-back.html)? Consider doing some yoga. Not only does it count as physical activity, but [studies](https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/yoga/art-20044733) have shown that yoga can boost your mood, lower stress and anxiety and boost your self-esteem.

There are several [online yoga classes](https://www.cnbc.com/2020/03/16/best-home-workout-streaming-services-to-try-during-covid-19-pandemic.html) to explore from the comfort of your own home, such as [YouTube’s Yoga With Adriene](https://www.youtube.com/user/yogawithadriene) or [CorePower Yoga On Demand](https://www.corepoweryoga.com/yoga-on-demand).

**Chat with a friend**

Call, text, email or video chat with your friends and family. Just because you’re socially distancing doesn’t mean that you can’t connect. [Research](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2921311/)has shown that social support can make you more resilient to stress.

**Listen to or play music**

You’ve seen the [viral videos](https://www.cnbc.com/2020/03/14/coronavirus-lockdown-italians-are-singing-songs-from-balconies.html) of people singing while quarantined, and it turns out they may be onto something: Singing has been shown to [improve people’s mental health](https://www.sciencedaily.com/releases/2017/12/171221101402.htm) and sense of belonging.

Not much of a musician? Listening to music can help people in the face of a scary and stressful experience; a [study on cancer patients](https://www.npr.org/sections/health-shots/2011/08/10/139361126/musics-soothing-notes-can-help-cancer-patients-chill-out) found that music reduced anxiety and pain, while bolstering people’s moods.