

Healthy Living Plan

Investigate the following aspects of healthy living and be prepared to discuss your plans for maintaining a healthy lifestyle when you present your Graduation Transition Plan.

Nutrition

Check out Canada's Food Guide
Use information from Planning 10 and PE
Collect resource materials from the Career Centre

What are the basics of a balanced diet?
How will you make healthy food choices?
What foods should be avoided?



Physical Activity

Check out Health Canada's Guide to Healthy Living
Use information from Planning 10 and PE
Consider fitness programs at local recreation centres



Do you consider yourself physically active?
What are the benefits of physical activity?
What activities will you engage in to stay fit?

Stress Management

Look at stress management information on the websites for:
Health Canada www.hc-sc.gc.ca and
BC Ministry of Health www.healthlinkbc.ca

How do you manage stress in your life?
What options are available to you for managing stress?
Which ones work best for you, and why?

