



Tennessee Sports Hall of Fame
Lesson Plan:
Healthy Lifestyles
High School Edition

Healthy Lifestyles are about the whole person, not just individual parts. This lesson plan will help guide you in teaching about healthy lifestyles and give you ideas and tips to replicate in your own classroom.

Nutrition

Our bodies achieve peak performance by eating a variety of foods. As we age, the management of our diet becomes more important to maintaining a healthy lifestyle. While our bodies can utilize many kinds of fuel, they are affected over time by the type of fuel or food we take in each day. The following food groups should be incorporated into your daily diet.

The most basic element of fuel for the body is the nutrient. There are six basic nutrients our bodies need:

- ❖ **Carbohydrates**: nutrients that give us high amounts of quick energy
 - **Ex**: whole grains, wheat bread, quinoa, beans
- ❖ **Fats**: nutrients that give us stored energy
 - **Ex**: nuts, lean meats, seeds, avocados, peanut butter
- ❖ **Proteins**: nutrients that help build and maintain muscle and bone
 - **Ex**: milk, cheese, yogurt, seafood, lean meats, pork
- ❖ **Vitamins**: nutrients that help regulate body processes
 - **Ex**: fruits, vegetables, nuts, milk, eggs, beans
- ❖ **Minerals**: nutrients essential to growth and metabolism
 - **Ex**: fruits, vegetables, nuts, milk, eggs, beans
- ❖ **Water**: essential for digestion, respiration, carrying nutrients and oxygen

Variety and balance are two key ideas to remember while maintaining proper nutrition. **Variety** pertains to eating different foods within each food group. **Balance** ensures that even distribution of the food groups is accomplished.

No single food supplies all the needed nutrients to maintain good health. Choose foods from each food group each day to help you meet nutritional requirements.

To make the best choices within each food group, it is important to know the food groups and the number of servings needed within each group.

Food Groups:

- ❖ **Grains**: breads, cereals, rice: 6 – 11 servings
- ❖ **Fruits**: 2-4 servings
- ❖ **Vegetables**: 3-5 servings
- ❖ **Protein**: meat, poultry seafood: Less than 6-oz a day
- ❖ **Nuts, Seeds, Legumes**: 3-5 servings per week
- ❖ **Dairy**: milk, yogurt, cheese: 2 – 3 servings
- ❖ **Sweets, Fats, Oils**: Use sparingly and in moderation.

Healthy Tips:

- ❖ Eat 5 or more servings of fruits and vegetables each day. Eating fruits and vegetables by color can help you remember which fruits and vegetables are better than others. Eating fruits and vegetables that are dark, vibrantly and richly colored like greens, oranges, yellows and reds carry high nutritional value.
- ❖ Avoid foods that are bland in color. Foods that are brown, gray, and pale yellow carry little to no nutritional value. Exceptions: Onions, cauliflower, chicken, turkey, grains in original form.
- ❖ Processed foods from drive-thrus, carry out and frozen meals do not have fresh ingredients, carry unhealthy amounts of trans fats and are hyper rewarding.
- ❖ Don't skip meals. Eat breakfast every day because it helps get your body going. Also, try packing your lunch. This will help you control your portions and increases the chance you eat it.

Processed foods are:

- High in sugar and trans fats
 - Lead to overconsumption
 - Contain artificial preservatives, colors, flavors and textures
 - Low in nutrients and fiber
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- ❖ The number of calories you need to consume each day is based on your body weight. A 2,000-2,500 calorie diet is recommended for most active high schoolers.

Drink:

5-8 cups (40-64 ounces) of water a day is the ideal amount that your body needs to properly function. Water is a critical nutrient for our bodies. Dehydration can cause muscle cramping and fatigue. Drinking any amount of water, especially when it is hot outside, will help your body maintain hydration and give your body needed replenishment.

- Drink more water and replenish your electrolytes during physical activity.
- Occasional consumption of caffeinated beverages is reasonable, but remember that moderation is key to leading a healthy lifestyle.
- The 8x8 rule can help you remember how much water to drink. It is recommended that you drink eight 8-oz glasses of water per day.

Caffeinated beverages should be consumed in moderation. Coffee, cokes and teas should not be consumed on a daily basis. Caffeine works by stimulating the central nervous system, heart, muscles, and the centers that control blood pressure. Over consumption can cause long term damage and irreversible effects. Water, diet and green teas, milk and fruit juices are the most beneficial and healthiest for consumption.

Activity Ideas:

- ❖ Have students keep a food log for one week. Have students keep track of the number of servings of each food group they consume. How many calories do they consume each day? How many ounces of fluid do they consume each day? Of the fluids they consume, how many ounces are water and how many ounces are other drinks?

Exercise

Adolescents and young adults should participate in at least 60 minutes (1 hour) or more of physical activity each day. Strengthening and conditioning your heart, muscles and core are important priorities for overall health. There are three different categories of physical activity that should be incorporated into daily activity routines.

Remember: Daily exercise may call for changes for more protein in our diet.

Three Types of Physical Activity:

1. **Aerobic Activity-** Aerobic or endurance activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. As a result, they delay or prevent many diseases that are common in older adults such as diabetes and heart disease.

2. **Muscle Strengthening-** Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay

independent and carry out everyday activities, such as climbing stairs and carrying a full backpack.

3. **Flexibility**- Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. It's important to stretch before and after physical activity to help avoid muscle cramping, soreness and injury.

- ❖ Students should try to incorporate muscle strengthening exercises into their 60 minutes of exercise a day at least 3 days a week.
- ❖ Young adults can reap health benefits from almost any activity they enjoy, from skateboarding, running, yoga, swimming, dancing, or throwing a ball around with friends. Weight training, under supervision of a qualified adult, can improve strength and help prevent sports injuries.
- ❖ Help your students find an activity they enjoy. Teens can work physical activity into everyday routines, such as walking to school, doing chores, or finding an active part-time job. They can be camp counselors, babysitters, or assistant coaches for young sports teams. Help them seek jobs that come with a chance to be active.

Rest/Sleep

Sleep experts recommend **8 – 10 hours of sleep** for adolescents and young adults. To achieve a healthy lifestyle, sleep must be made a high priority despite obstacles that can get in our way like studying, working and spending time with friends.

Helpful Tips

- Make sleep a priority.
 - Sleep in a room with little to no light.
 - Do not fall asleep to the TV.
 - Increase your sleep time several weeks before a competition, big test or important event.
 - Go to bed and wake up around the same times every day.
 - Set alarms to help.
 - Take daily naps if you don't get enough sleep each night.
- ❖ Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful — even deadly, particularly if you are behind the wheel. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with your family and friends, hurt your grades and the ability to perform on the court or field.
 - ❖ Remember: A brain that is hungry for sleep will get it, even when you don't expect it. For example, drowsiness and falling asleep at the wheel cause more than 100,000 car crashes every year. When you do not get enough sleep, you are more likely to have an accident, injury and/or illness.

- ❖ Sleep also helps repair the body. Sleep deficiency has been linked with an increased risk of many health issues such as heart disease, high blood pressure, diabetes, stroke and obesity.
- ❖ Getting the proper amount of sleep can help you make better eating choices and manage stress in a more appropriate way.
- ❖ Biological sleep patterns shift toward later times for both sleeping and waking during adolescence. It is natural to not be able to fall asleep before 11:00 pm.
- ❖ No pills, vitamins or drinks can replace good sleep. Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda and chocolate late in the day so you can get to sleep at night.
- ❖ Establish a go to sleep and wake-time and stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine.

Activity Ideas:

- ❖ Have students keep a sleep log for one week. Have students record what time they went to sleep and what time they woke up. Have them calculate the number of hours per day they were awake versus the number of hours they were asleep. Did they go to sleep and wake up close to the same time each day? Did they take naps? If so, what time of day were the naps and how long did the naps last?
- ❖ Have students keep a sleep journal. Do they feel they sleep enough? At what times during the day do they feel tired or bogged down? What can they change about their daily routine to get more sleep or feel more rested? Have the students survey their diet and see if that plays a role into their sleeping habits. Is their home or room conducive for proper sleeping? Make students aware of their sleeping habits, so they can see the outside factors that affect their overall health.

Hygiene

Keeping your body clean is an important part of keeping you healthy and helping you to feel good about yourself.

- ❖ You should brush your teeth twice a day - after breakfast and before you go to bed. Floss once a day to reduce plaque build-up.
- ❖ Wash your face regularly to help prevent or worsen acne.
- ❖ Consult your physician or a dermatologist if your acne worsens.
- ❖ During the day, drink water and fill your mouth with water and swish it around to get rid of anything sticking to your teeth.
- ❖ Wash your hands before and after every meal and after using the restroom to eliminate germs and bacteria.
- ❖ Daily bathing can help keep your skin and your body healthy and strong.

- ❖ Washing your hair and trimming your nails on a weekly basis can help avoid cases of lice, bacteria or infection.
- ❖ Wearing deodorant or an antiperspirant can help you avoid body odor and keep you smelling fresh throughout the day.
- ❖ When look good, you feel good. Taking care of your appearance can help with confidence, self-esteem and encourage positivity.

Activity Ideas:

- ❖ Have grades or individual classes compete against each other to see who can bring in the most personal hygiene items (ex. soap, toothbrushes, toothpaste, floss). Find a local organization or neighborhood that is in need of personal care items. Have students make up a basic one page sheet to be attached with each individual care item. The sheet should highlight the basic personal care hygiene activities that everyone can take part in (ex. washing hands, brushing teeth, flossing). Afterwards, have a class discussion about the importance of educating others and being a good role model of personal hygiene.

Mindfulness

Positive thinking is a mental attitude that perceives situations in a positive way. It is a moment by moment awareness of one's own thoughts, feelings and moods. Practicing mindfulness on a daily basis can help bring one's focus on the present circumstance.

When you're mindful, you observe your thoughts and feelings from a distance, without judging them as good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and opening yourself to new experiences.

Mindfulness Attitude: This time should be used to step away from school work, stress at home, sports practice and part-time jobs. Mindfulness requires the student to let go and allow their mind to be cleared.

- Develop your own mindfulness practice
- Choose a time to practice mindfulness
- Create the proper environment (no phones)
- Get your peers involved
- Share your own experiences (form a personal connection by sharing)
- Practice every day
- Make it a priority to clear your mind and reflect on the positive

Activity Ideas:

- ❖ Have students develop a community service project that may also help them build their self-esteem. For example, students can tutor a younger child, help coach an elementary level sports team, or assist in an arts and crafts program for young

children. Through this process they will become positive influences and role models in the community. Have students keep a log of the progress of the child they are assisting. Make sure your students note how the child they are assisting felt about his or her abilities when they first started and whether their attitude changed over the course of a couple of months. Encourage students to notice signs of improved ability in the subject or activity, such as more facility in reading, better performance on the sports field, or more proficiency in crafts.

- ❖ Deep breathing exercises can help calm stress and anxious thoughts. Slowing your breathing can help open your mind to focus on the tasks at hand. The purpose of this exercise is to simply notice, accept and be aware of your breath – it is not about relaxation or stress reduction, although this may well occur. Breathing is something we all do – if you have a pulse then you breathe. Your body knows how to do this; it has done it since birth. This is simply about breathing mindfully. Breathing is something you carry with you everywhere; you are just not usually aware of it.
- ❖ By mindfully listening to and observing others around you, you can discover a new appreciation for things you take for granted or overlook on a daily basis.

Stress Management

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger—whether it's real or imagined—the body's defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight-or-freeze” reaction, or the stress response.

The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic and alert. In emergency situations, stress can save your life—giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

The stress response also helps you rise to meet challenges. Stress is what keeps you on your toes during a presentation at school, sharpens your concentration when you're attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching TV.

But beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life.

How do you respond to stress?

Helpful Tips for Managing Stress:

#1- Avoid unnecessary stress

- ❖ **Learn how to say “no”** – Know your limits and stick to them. Whether in your personal or academic life, taking on more than you can handle is a surefire recipe for stress.
- ❖ **Avoid people who stress you out** – If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.
- ❖ **Take control of your environment** – If the evening news makes you anxious, turn the TV off. If traffic's got you tense, take a longer but less-traveled route.
- ❖ **Avoid sensitive topics** – If you get upset over religion, sports or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion.
- ❖ **Prioritize your to-do list** – Analyze your schedule, responsibilities, and daily tasks. If you've got too much on your plate, distinguish between the “shoulds” and the “musts.” Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely. Create a chart divided into four sections labeled “Important, Urgent”; “Important, Not Urgent”; “Not Important, Urgent”; “Not Important, Not Urgent” and complete tasks in that order.

#2 – Change your situation

- ❖ **Express your feelings instead of bottling them up.** If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment will build and the situation will likely remain the same.
- ❖ **Be willing to compromise.** When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you'll have a good chance of finding a happy middle ground.
- ❖ **Be more assertive.** Don't take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you've got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.
- ❖ **Manage your time better.** Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. But if you plan ahead and make sure you don't overextend yourself, you can alter the amount of stress you're under.

#3- Adapt to the Stressor

- ❖ **Reframe problems.** Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.
- ❖ **Look at the big picture.** Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a day? month? year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.
- ❖ **Adjust your standards.** Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with “good enough.”

- ❖ **Focus on the positive.** When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

#4- Accept the things you can't change

- ❖ **Don't try to control the uncontrollable.** Many things in life are beyond our control—particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.
- ❖ **Look for the upside.** As the saying goes, “What doesn't kill us makes us stronger.” When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.
- ❖ **Share your feelings.** Talk to a trusted friend face to face or make an appointment with a therapist. The simple act of expressing what you're going through can be very cathartic, even if there's nothing you can do to alter the stressful situation. Opening up is not a sign of weakness and it won't make you a burden to others. In fact, most friends will be flattered that you trust them enough to confide in them, and it will only strengthen your bond.
- ❖ **Learn to forgive.** Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

#5- Make time for fun and relaxation

- ❖ **Set aside relaxation time.** Include rest and relaxation in your daily schedule. Don't allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries.
- ❖ **Connect with others.** Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.
- ❖ **Do something you enjoy every day.** Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.
- ❖ **Keep your sense of humor.** This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.

#6- Adopt a healthy lifestyle

- ❖ **Exercise regularly.** Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 60 minutes of daily exercise. Nothing beats aerobic exercise for releasing bottled-up stress and tension.
- ❖ **Eat a healthy diet.** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- ❖ **Reduce caffeine and sugar.** The temporary "highs" caffeine and sugar provide often end with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.

- ❖ **Get enough sleep.** Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.