



Healthy Schools

Importance of Developing *Healthy Relationships* Between Sleep, Exercise & Nutrition



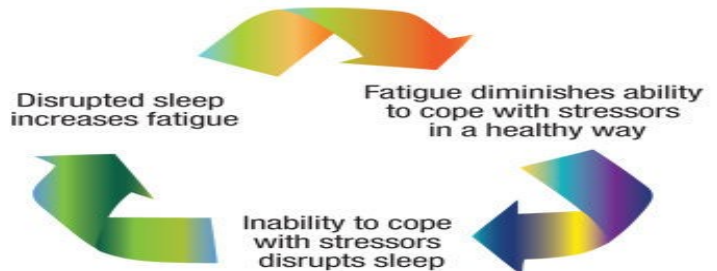
Facts About Sleep:

- Without adequate sleep we can't cope with the demands of daily living, much less the effects of stress
- Reducing sleep by 1½ hours for 1 night = 1/3 reduction daytime alertness
- Lack of sleep or a sleep deficit is bad for your body and can cause a lowered immune system, medical issues, weight gain, memory & focus concerns, and a greater chance of injury

Creating A Consistent Sleep Routine (Use 10 minutes or 1 hour):

- ✓ Warm Bath
- ✓ Light Reading
- ✓ Soft Music
- ✓ Meditation
- ✓ Gratitude Practice
- ✓ Journaling
- ✓ Prayer

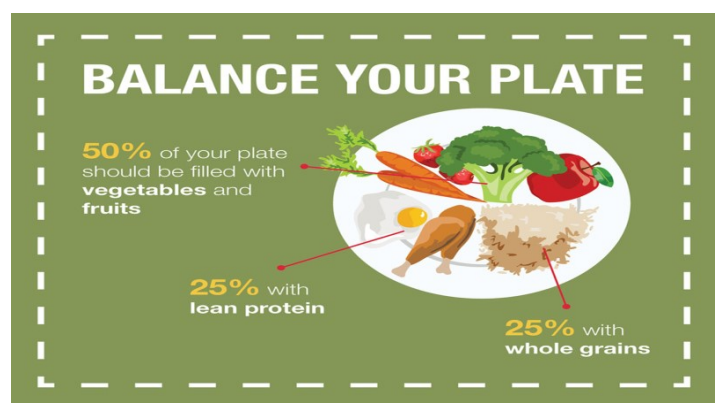
Sources: <https://www.nutrition.gov/>
<https://www.cdc.gov/nutrition/index.html>



Benefits of Exercise (30 Minutes/Day):

- Improves mood
- Controls weight
- Improves sleep
- Counteracts/combat health conditions & illnesses such as diabetes, stroke, high blood pressure, metabolic syndromes, depression, anxiety, certain types of cancer, type II diabetes, etc.
- Boosts energy
- Everyone benefits from exercise regardless of gender, age, or physical ability

Nutrition- There are 7 nutrients required by the human body: protein, carbohydrate, vitamin, mineral, fiber, and water



- ✓ Food choices influence the health and well-being of individuals