

# HEALTHY HABITS

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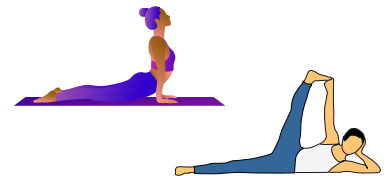
# SLEEP AND EXERCISE

While having a nutritious diet is important, we must adopt other healthy habits as well to keep our bodies strong.

Two of the most important healthy habits to prioritize are:



- **Getting enough sleep**
- **Exercising regularly**



After a long and busy day of work or school our bodies need a break. Unfortunately, a lot of us ignore sleep and opt to do homework or stay up and watch a show.

Studies show that:

- Kids ages 6-12 need **9-12 hours** of sleep a night.
- Teenagers ages 13-18 need **8-10 hours** of sleep a night.
- Adults need **7-8 hours** of sleep a night.

Our guess is that most of you aren't getting that much sleep.

About 51% adults world wide are not getting the right amount of sleep.



# IMPORTANCE OF SLEEP



So why do our bodies need sleep anyways?



## Here's Why:

When we are sleeping our brain **stores new memories**, **gets rid of toxic waste**, **repairs** and **grows cells**, **creates proteins**, and **releases hormones**. Sleep also refines our learning and memory capabilities and helps us respond better to stressful situations.

### \*Without sleep:

- We tend to feel cranky and tired
- Fail to understand simple directions
- Fumble while playing an instrument
- Forget how to answer question on test



A **lack of sleep** may also stop you from growing, lead to high blood pressure, and disrupt your immune system making it easier for you to get sick.



# IMPORTANCE OF EXERCISING

While keeping your body still during sleep fulfills many functions for your body, moving around does too.



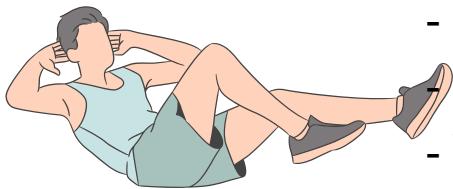
## BENEFITS OF EXERCISING:

- Children improve cardiovascular fitness
- Maintain weight, strengthen tissues
- Reduce chances of anxiety and depression
- Improved performance in school



For the best results, ensure that your school-aged children or teens get at least **60 minutes** of moderate to vigorous physical activity a day.

## CONSEQUENCES OF NOT EXERCISING:



- Increases the risk of obesity
- Osteoporosis
- Various types of cancers
- Feel more stressed and anxious



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Encourage your children to leave their electronics behind by limiting screen-time and turning screens off during mealtimes. Help your children find a balance of aerobic activities, muscle-strengthening activities, and bone-strengthening activities.



# INCORPORATE EXERCISING

Exercising may sound like a lot but here are some easy ways to incorporate exercising into your daily routine.



- Instead of always taking the bus or the car, try **walking to school** or **biking to visit friends**.
- **Take the stairs** instead of the elevator.



Find other ways to sneak exercise into your daily routine. You don't need to complete 60 straight minutes of exercise, **a little** throughout the day can be just as beneficial.

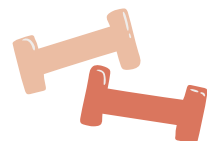
When gifting things to your kids, try finding gifts that promote physical activity.

Such as:

- Rollerblades
- Soccer balls
- Active video games



Just Dance



## HELP:

If you are struggling to find the motivation to exercise or if you find yourself procrastinating, **sign up for a fitness course** at your local gym or yoga center to find a structure for your exercise schedule.

# TIPS FOR PARENTS



As a parent, it is important that you prioritize sleep for your family. Here are a few steps you can take to make the change easier.

**Encourage** your kids to get out and play in the morning or late afternoon so their body is ready to relax at night.



- For teens and adults, **avoid caffeine in the late afternoon** as it may interfere with your ability to sleep.
- Have children avoid **heavy, spicy, or sugary foods** 4-6 hours before they sleep.
- Put away **electronic devices** entirely an hour before bedtime. Try reading a book with your child or just take some time to unwind.



Try to establish a night time routine that includes using the **bathroom, brushing teeth, and drinking water**. Do this routine around the same time every night so that your child knows it's time to sleep.



**Never force yourself to go to sleep. Try doing something that'll make you drowsy.**





Healthy habits are your ticket to a healthy life. Getting the right amount of **sleep** and **exercising** consistently can make your personal life, professional life, and mental health much better. Remember that we are all different—find out when it is right for you to sleep or exercise. Your life is in your hands so make it count!

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