

# HEALTHY LIVING CHALLENGE

Leading a healthy life isn't as hard as you think.











Here's a chance to give it a try.

Your goal is to get 90 minutes of physical activity, replace an unhealthy food or drink with something healthy and spend at least 1 hour less in front of a screen everyday for five days.

Encourage your family to take on the Challenge with you. Plan a fun family event like going bowling or for a hike to celebrate having completed the Challenge.

ASSOCIATION MÉDICALE CANADIENNE  CANADIAN MEDICAL ASSOCIATION

 **Doctors**  
Nova Scotia

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>1</b></p> <p><b>PHYSICAL ACTIVITY</b>                      &gt;&gt; Colour in one bar for every 10 minutes of activity you do</p>	 My favourite activity <input type="text"/>	 My favourite activity <input type="text"/>	 My favourite activity <input type="text"/>	 My favourite activity <input type="text"/>	 My favourite activity <input type="text"/>
<p><b>2</b></p> <p><b>HEALTHY EATING</b>                      &gt;&gt; Choose healthy foods and drinks often. See other side for more information</p>	Today I ate/drank <input type="text"/> <i>(something healthy)</i> instead of <input type="text"/> <i>(something unhealthy)</i>	Today I ate/drank <input type="text"/> <i>(something healthy)</i> instead of <input type="text"/> <i>(something unhealthy)</i>	Today I ate/drank <input type="text"/> <i>(something healthy)</i> instead of <input type="text"/> <i>(something unhealthy)</i>	Today I ate/drank <input type="text"/> <i>(something healthy)</i> instead of <input type="text"/> <i>(something unhealthy)</i>	Today I ate/drank <input type="text"/> <i>(something healthy)</i> instead of <input type="text"/> <i>(something unhealthy)</i>
<p><b>3</b></p> <p><b>SCREEN TIME ALTERNATIVES</b>                      &gt;&gt; Reduce your screen time by at least one hour. See other side for ideas on what to do instead</p>	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>

# HEALTHY LIVING CHALLENGE

## 1 Physical Activity

You have only one body so take care of it by being active, eating well and getting enough sleep every day. Kids need 90 minutes of physical activity every day just to be healthy and strong. Make sure 30 minutes of this time is spent doing activities that get your heart pumping hard like running or playing tag. The other 60 minutes can be spent doing different things like...

- Walking or biking to school
- Playing in a neighbourhood playground
- Rollerblading, skateboarding or scootering
- Playing hopscotch
- Participating in sports
- Dancing to your favorite music
- Helping out with yard work or shoveling
- Winter activities like building a fort or sledging
- Having a scavenger hunt with friends
- Playing active games like tag or hide and seek

## 2 Healthy Eating

### Learn about labels

One step to healthy eating is learning how to read the nutrition facts on food labels. Here are some tips on what those facts are telling you:

#### Serving Size

How much of the food is in 1 serving. The information in the table is based on the serving size.

#### Calories

How much energy is in 1 serving.

#### Limit these

Only a small amount of the right kind of fat is healthy. Avoid saturated and trans fats. Choose items that have a low % DV of sodium and cholesterol.

Nutrition Facts		Valeur nutritive	
Per 1 cup (300 g) / Pour 1 tasse (300g)		%	
Amount		Daily Value	
Teneur		valeur quotidienne	
Calories / Calories	440		
Fat / Lipides	19 g	29 %	
Saturated / Saturés	4 g		21 %
+ Trans / Trans	0.2 g		
Cholesterol / Cholestérol	35 mg		
Sodium / Sodium	860 mg	36 %	
Carbohydrate / Glucides	53 g	18 %	
Fibre / Fibres	4 g	16 %	
Sugars / Sucres	6 g		
Protein / Protéines	15 g		
Vitamin A / Vitamine A		45 %	
Vitamin C / Vitamine C		4 %	
Calcium / Calcium		20 %	
Iron / Fer		20 %	

#### Daily Value (DV)

Shows the percentage needed each day. 5% and below is considered low, 15% and above is considered high.

#### Vitamins and minerals

Choose foods/drinks with high % daily value of these nutrients

#### Ingredient lists

Tell you what's in a food or drink. They are listed by weight from most to least.

#### Limit foods & drinks high in:

sugar, fat, sodium, artificial sweeteners, artificial flavour and artificial colouring

### Canada's Food Guide 4 food groups



### Think Your Drink

*good for you*  
**ANYTIME** Plain water, milk, soy drinks

*good but not too much*  
**ONCE A DAY** 100% fruit juice, chocolate milk, fruit smoothies

*only as a treat*  
**ONCE A WEEK** Sports drinks, fruit drinks with added sugar, pop, flavoured water, artificially sweetened drinks


**NEVER** ☹☹☹ Caffeinated/energy drinks

### Healthy snack choices

Fruit  
Veggies and dip  
Cheese and crackers  
Whole grain cereal  
Seeds and nuts  
Granola and yogurt  
Pretzels  
Home-made muffins  
Fruit smoothies

## 3 Screen Time Alternatives

Although screen time is one way to relax, learn or have fun, it takes away from other healthy activities like physical activity and other fun activities. Try powering down all electronics for at least one hour every day and instead:

- Play catch
- Read
- Play cards
- Dance
- Do a craft
- Make a fort
- Draw 
- Do a crossword
- Learn to juggle
- Write a story, journal or poem

