



## Build Healthy Habits

Healthy habits are good for successful living and help everyone. Here are some tips below:

- **Keep a daily routine:** Having a routine benefits physical and mental health and reduces stress and anxiety. [Create your own daily routine here](#)
- **Practice good hygiene:** Brush your teeth twice a day, clean your body, hair and nails, and wear clean clothes each day.
- **Eat nutritious foods** with a mix of fruit, vegetables, whole grains, meats/proteins, and dairy.
- **Drink water** instead of sugary drink. Click: [Rethink your drink](#)
- **Exercise** at least 60 minutes a day.
- **Reduce infection:** wash your hands, wear a mask, keep 6 feet distance in public, and stay home when sick.
- **Get enough sleep** to improve concentration, mood and academic performance. Click: [How much sleep do I need?](#)
- **Practice self-care:** spend a few minutes each day doing something you enjoy.

## BREATHE LIFE

### Air Quality Matters

Air quality affects our daily lives. Like the weather, it can change from day to day. Air particles can cause cough, throat irritation, or a burning feeling when you breathe. Children, older adults and anyone with asthma, other lung disease, and heart disease are at the greatest risk. Be sure to [check air quality here](#) before going outside.

## HEALTHY EATING

### Kid-friendly breakfast parfait

Ingredients:

- Greek yogurt (low to no sugar)
- Fresh fruit (banana, berries or whatever you like)
- Cereal (cheerios, rice crispies, or muesli. Look for low to no sugar)
- 1 teaspoon honey (optional)



Directions:

- Fill the bottom of the cup with yogurt
- Add fruit
- Top with cereal
- Drizzle honey, if desired

## GET MOVING

### Sit time into Fit time

Try increasing your movements when you are normally not up and moving:

- Wiggle while you watch
- Get up at least once every hour and walk
- Stretch every 30 minutes
- Tip: [25 ways to get moving at home](#)



Stretch it out with District Nurse Momo

## KEEP CALM AND...

### Breathe on

Positive mental health helps people learn better, work better, have healthy relationships and cope with stress. Close your eyes and take a deep breath. [Try it with us now.](#)



District Nurse Tessa practicing some good breathing techniques