

Key Messages for

Promoting Well-Being

Activity



- Move more often. Build activity into daily life. Schedule activity into your calendar. Include some activity that makes you sweat.
- Take a walk – everyday if possible. Walks are a great way to spend time with friends and family.
- Get the physical and mental benefits of being in nature all year round. Don't let winter shut you in.
- Build in activities which promote bone and muscle strengthening, flexibility and balance.
- Limit screen time – TV, computers, iPads, game consoles.

Guidelines for Physical activity

Age	Minutes	Intensity
1 - 4 years	180 per day	any intensity
5 - 11 years	60 per day	moderate to vigorous
> 12 years	30 x 5 days*	moderate to vigorous

Guidelines for Screen time

Age	Hours
< 2 years	0
2 - 5 years	< 1 hour
5 - 17 years	< 2 hours recreational use
>18 years	No guidelines

* Activities can be done in 10 minute intervals.
10 minutes x 3 times per day = 30 minutes

Eating



- Drink water most often. Water is always a good choice.
- Start everyday with a healthy breakfast.
- Eat meals as a family as many days per week as you can, but turn off all distractions such as the radio, TV and cell phones so that you can enjoy each other's company.
- Fill half of your dinner plate with vegetables. Whole grains can take up about a quarter of the plate. That leaves one quarter for fish, meat or other protein sources.
- Make home-cooked meals as often as possible. Limit processed and fast foods (which are high in sugar, salt and fat).
- For post-partum women: Breast milk and Vitamin D is all your baby needs for the first six months.

Sleep



- Just about everyone needs more sleep than they are getting.
- Keep electronics out of the bedrooms.
- Getting enough sleep is good for weight management, mood, energy, and learning.

Guidelines for Sleep

Age	Hours
Newborns	16 to 18 hours
Preschoolers	10 to 12 hours
School-aged children and adolescents	at least 9 hours
Adults	7 to 8 hours

Positive mental health



- Physical activity, meditation, and being in nature are simple ways to improve mental and physical well-being.
- Learn and practice **PERMA**: Positive emotions, Engagement, Relationships, Meaning and Accomplishment.
 - P**: Find 3 things to be grateful for every day, and increase positive emotions (like joy, awe, love and pride). Aim for a 3 :1 ratio of positive to negative emotions.
 - E**: Pursue your passion – do what you love and do well as often as you can.
 - R**: Deepen your relationships with friends, co-workers and family by helping them relive positive experiences.
 - M**: Live your values – make time to make a difference. Lend a helping hand, volunteer, support local charities and fundraisers, advocate for change on things that matter to you.
 - A**: Set goals that you can reach if you put in the time and effort.

Motivational messages and tips for any lifestyle change



- Swap a less healthy choice for a healthier choice whenever you can. Examples: Take the stairs instead of the elevator. Have a garden salad instead of a Caesar salad. Buy regular portions instead of super-sized. Drink water instead of pop.
- Small steps that become new habits add up to big changes over time. Make one new habit, then move on to the next. Getting more active is a good starting point and can spark changes in other areas.
- Set a goal, make a plan and be prepared to problem solve – willpower alone won't get you to your goal!
- Draw on the positive power of social connections to help you reach your goals and stay motivated. Join a group, do things with family and friends. Make it fun.
- For smokers and drinkers: Take steps to quit smoking – visit www.quitpath.ca. Use alcohol in moderation.

For more information go to: www.yukonwellness.ca

Recommend this website to your patients and clients, and encourage them to sign up for weekly e-tips.