

# Personal healthy living plan



**ASSIGN  
BUSTER**

Physical Activities: Job Around the neighborhood every Mon, Wed, and Fri; depends on the weather. 4. Notes of Canada's good guide -Eat at least one dark green and one serving vegetable each day -Choose vegetables and fruit prepared with little or no added fat, sugar or salt. -Have meat alternatives such as beans, lentils and tofu often - Consume at least two servings of fish each week -Use vegetable oil such as canola, olive and soybean Make at least half of your grain products whole grain each day -Have real Fruits and vegetables Compare your eating habits with the recommendations found in Canada's Foodguide. Base on what the food guide says, what menu changes, if any, would you make to the meals you ate over the three days you tracked and that you eat in general? Why? Compared to my eating habits for the past three days, to the eating habits with the recommendations found in Canada's Food guide, it seems like my habit is a little off from being healthy. I should eat a little more for breakfast, and sometime more healthier during lunch.

I might try adding oatmeal and toasts to my breakfast meal, and provide more fruits and vegetables for lunch. After these small changes, I think I eat pretty healthy since I usually eat at least 1-2 servings of rice, noodles, vegetables, and meat for dinner. For the past 3 days, I ate multiply of candies. It contains a lot of sugar and if I continue on eating candies every day, it will affect my health. Regular Exercise Routines. Explain what exercise routines you are currently involved in. How do these connect to the completion of your daily physical activity (DPA) requirement?

What are some of these challenges you personally encounter as you develop or maintain a regular habit of exercise? What benefits does a regular

exercise provide you personally? For daily physical activity requirement, we must document and report a minimum of 150 per week for physical activity. The exercises that I involved in are the same as my DPA requirement. I play badminton with my friends every weekend and I jog around the neighborhood at least once a week. I had a hard time maintaining a regular habit of exercising, due to the weather. A regular exercise can improve my mood and help my sleeping schedule.

It will also benefit my health by exercising regularly. It also increases the opportunity in finding a better job and creating a better future.

## **Emotional Health Management**

What does it mean to be emotional healthy? Visit the Canadian Mental Health website and read about stress. Take the stress test and record your score. How do you positively manage your emotions when you get uncomfortable with them? Give 2 real life examples of this and describe any techniques/strategies you used to help you during these times. Emotional health means the degree to which you feel secure, stable and relaxed in everyday life.

Living a happy life is what makes us worth living. I got 10 score for the stress test. When I get uncomfortable stress, I talk to my friends and family. In certain degree of stress I do varieties of things, including shopping, gaming and movie night. Talking out with my friends helps me relieve my stress and other activities allows me to keep my mind off of being unhappy.

## **Positive Health Choices**

I've decided to include more vegetables and fruits in my diet, as I lack greens in my diet. It is important so I can have a healthier body. As for exercise, I've decided to go to the oval more often to work out.

This will make me more fit and it will also help me improve my level of proactivity as exercise help clear mindsets, improve stress management, and make a person more positive. As for emotional health I intend to trust my problems with my current friends and families. Fortunately, I do not consume any illicit drugs or alcohol, and I do not have any plans in the future to do so either. Alcohol will only do harm to my body. It does not only affect my health, it will also affect my family as well. If I were to be in a relationship or any that involves with my sexual health, I would gladly to say no to them; for I am too young.